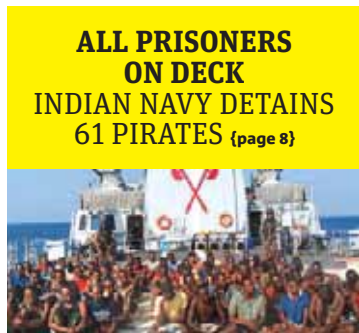




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Tuesday, March 15, 2011
www.metronews.ca

News worth sharing.



Fighting for flight

► Toronto woman living in Japan for last 4 years forced to flee home near stricken reactor ► Son requires electricity to breathe ► Attempting to return to Canada

When Mairead Cavanagh's house in Mito, a Japanese city 140 kilometres south of the Fukushima Dai-ichi nuclear power plant, began to tremble Friday afternoon, it meant trouble.

Cavanagh's son Maleek, 2, was born with subglottic stenosis, a rare condition that means part of his throat is too narrow to breathe through. He has a tracheostomy tube, a surgically inserted opening in his neck, and requires an electrically powered suction machine to clear his airway several times an hour.

The quake presented many dangers for Maleek. Any debris caught in the tube could suffocate him. Water is also dangerous if it enters his airway, his mother said. And Mito, where there have been threats of rolling blackouts that could last up to five

"We've made it this far but we don't know what's happening next."

MAIREAD CAVANAGH

hours, remains unsafe. The family was forced to hit the road. They made it to Tokyo, where they were admitted at an international hospital that, so far, has had constant power.

Cavanagh and her husband have been making calls to the Canadian Embassy in Tokyo and to foreign affairs officials in Ottawa, and were told their file was flagged for special attention. But, since no evacuation is planned, the family has so far had no help flying out of the country, according to Cavanagh.

Cavanagh isn't sure what medical equip-

ment will be necessary for such a flight.

Tom Lepine, chief operating officer of Ornge, a flight-based medical transport provider in Ontario, says a case like Maleek's would require a dedicated evacuation team that includes a specialized pediatric staff.

But Dr. Kevin Higgins, a head and neck staff surgeon at Sunnybrook Health Sciences Centre, says the risk of flying Maleek home with a flight that long is too great. "When you start going afar, you're asking for trouble in a very small person," he said, adding the toddler has a better bet among Japanese doctors.

A "Help Baby Maleek Now" Facebook page has allowed friends to share information with the couple. **TORSTAR NEWS SERVICE**
MORE COVERAGE FROM JAPAN, PAGES 12-15

Japan's crisis hits home

Pickering's nuclear anxiety

► Resident calls construction of condos 3 km from plant 'mega-irresponsible'
► Politicians, officials defend project {page 3}

Racy rumours dog Usher



Video featuring singer said to be making rounds in Hollywood {page 27}

A different story when the sun goes down

Operating in darkness allows Libya's rebel forces to answer regime's barrages {page 16}

More than just a white smile

Doc: Improving oral hygiene can lengthen your life {page 28}

NHL addresses headshots

Bettman unveils five-point anti-concussion plan {page 37}

Street. Business



► A street artist paints on a sidewalk near a shopping mall as she asks for donations in downtown Toronto yesterday.

JEWEL SAMAD/GETTY IMAGES

Green critique of job creation

The number of jobs in Canada rose for the third consecutive month in February but the unemployment rate remained unchanged at 7.8 per cent. But environmental researchers say the Harper government could have created three times as many jobs if it had invested stimulus funding in climate projects.

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Rapper pleads not guilty to gun charges

A Toronto rapper who has toured with global hip-hop phenom Drake is hoping a judge will soon clear him of gun possession charges that have prevented him from travelling outside Canada.

Wearing a suit and tie — minus his signature large pendant — Raynford Humphrey, a.k.a. P. Reign, pleaded not guilty yesterday to nine firearms-related offences in Ontario Superior Court.

His lawyer, Edward Greenspan, is asking the judge hearing the case without a jury to stay the charges on the grounds police committed numerous charter violations after they stopped Humphrey driving his Cadillac CTS three years ago.

Humphrey's brother Jason, who was in the back seat, and Raymond Powell, a passenger in the front, have pleaded guilty to pos-

sessing three semi-automatic pistols.

The location of the guns will be the "sole issue" at trial, Crown attorney Ryan Wilson told Justice Michael Code, who is first hearing evidence on the charter application.

Police took the three men into custody and found the guns after searching the car without a warrant.

TORSTAR NEWS SERVICE



► An undated photo from the Myspace profile of Toronto rapper P. Reign.

Worries return as condos go up by plant

► Japanese crisis reigniting fears about evacuation, exit routes to highway from area near Pickering nuclear site, says councillor

Japan's nuclear emergency has revived some Pickering residents' fears over three condo towers being built near the city's nuclear plant.

It's "mega-irresponsible" to add 1,400 people to an already congested area along what would be a main escape route in an emergency, charges Doris Hopper, who lives behind the condo site at Liverpool Road and Bayly Street, south of Highway 401.

She is calling for a halt on construction of the high-rises "at this dangerous location" until the Canadian Nuclear Safety Commission can do a review.

The project, called San Francisco by the Bay, is about three kilometres from the Pickering generating station. The intersection — the closest to the GO

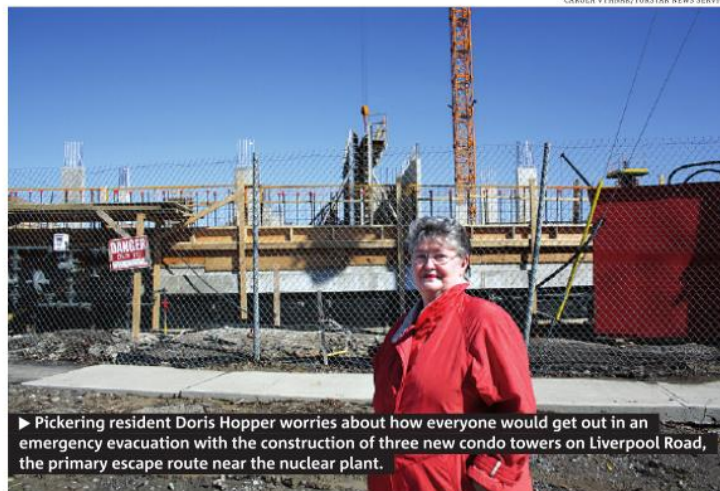
"Liverpool is the only main artery route for the south-shore community. Too many people would be trapped and unable to get out."

RESIDENT DORIS HOPPER

station — "is as busy as Yonge and Bay" during rush hour, says Hopper, whose pharmacist advised her to keep iodine pills on hand in case of radiation exposure.

But local politicians, Ontario Power Generation and emergency response officials insist there's no cause for alarm.

"An accident's unlikely," said OPG spokesman Ted Gruetzner. And even if an evacuation did become nec-



► Pickering resident Doris Hopper worries about how everyone would get out in an emergency evacuation with the construction of three new condo towers on Liverpool Road, the primary escape route near the nuclear plant.

essary, there would be plenty of time for an orderly, managed exit. "It's not a 'you have to get out now' scenario."

The plant's containment system can hold contamination for up to two days, says Ivan Ciuciura, director of

emergency management for Durham Region.

There is no pre-designated escape route for the south community, he says. "Residents would use all routes out. They know which streets to take."

Offering a vote of confi-

dence in the plant's security, Pickering Mayor Dave Ryan noted that while it's situated in an area with a low seismic risk, the reactors "are capable of withstanding just about anything."

TORSTAR NEWS SERVICE

Businesswoman alleges cottage crackdown in Wasaga Beach

A prominent Wasaga Beach businesswoman says hundreds of GTA families could have their summer vacation plans ruined due to a sudden crackdown on local residents renting out illegal cottages.

Mortgage broker Donna Mullen says two of her clients have recently received bylaw enforcement notices stating they could be fined \$25,000 for a first offence and \$10,000 for

every day they continue to rent out their homes or cottages to short-term occupants.

The founder of the Wasaga Beach Women's Business Association suspects there may be more people receiving notices.

Wasaga Beach Mayor Cal Patterson denies there is a sudden crackdown or that the town has in the past turned a blind eye to illegal rentals. TORSTAR NEWS SERVICE



► Wasaga Beach is a popular destination for Torontonians.

News in brief

Students back from Japan

PEARSON. A group of students from Richmond Hill is back in Canada after what was supposed to be a 10-day arts trip through Japan.

Family and friends were waiting at Pearson airport to welcome back 43 staff and students from Holy Trinity Private School as they arrived in Toronto yesterday.

THE CANADIAN PRESS

Concerns arise over shaken baby cases

JUSTICE. Four people convicted in baby deaths have been told that a shaken baby syndrome review identified potential concerns with their cases.

The files have been turned over to Ontario Attorney General Chris Bentley, who will await word on whether those people want to take their cases back to the courts.

None of the four people are currently in custody. THE CANADIAN PRESS



How do stars "unknowingly" perform for dictators? An agent explains. Scan code for story.

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Allan Small on why North American markets have been able to withstand volatility around the world. More at metronews.ca/investing

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Unsellables co-host accused of extortion

TORONTO POLICE HANDOUT/THE CANADIAN PRESS



► Barrington Anthony Sayers

A contractor and host of a home renovations show is facing charges after an extortion investigation, Toronto police said yesterday.

Police say Barrington Anthony Sayers, also known as Anthony Sayers, co-host of the HGTV show the Unsellables, was hired by a woman Feb. 1. It's alleged that Sayers did a substandard job, overbilled the victim, and criminally harassed and extorted her. "There are allegations that the actions and behaviours of Mr. Sayers were causing the victim to fear for her safety," said Det. Rob Ermacora of the criminal harassment charge.

Sayers has been charged with two counts of criminal harassment and single counts of extortion and attempted fraud.

As for the fraud charges, Ermacora said it is alleged that Sayers was "over-billing and billing for work

On camera

According to his profile on the HGTV website:

- Anthony Sayers was previously the co-host of W Network's series Me, My House And I.
- A graduate of George Brown College, he has worked as a skilled professional in the building trades for the past 17 years.
- He operates his own construction company and has a large and dedicated clientele in the Greater Toronto Area.

that was never done."

Sayers is the owner and operator of a general contracting company called Anthony Sayers Custom Builder and Designer. Police are now searching for more victims.

"We believe this is not something that happens just once, which is why we're looking into other potential victims of Mr. Sayers," said Ermacora.

Ermacora said the best tip he can give to avoid being a victim is "do your research before you hire someone, try to get recommendations if possible, and if you feel you're becoming a victim of fraud, definitely contact the police."

Sayers is scheduled to appear in court March 28.

● MATTHEW LOPES/FOR METRO



► GO Transit president Gary McNeil says there is a major demand for GO to increase its train services.

GO splurges \$125M on railway coaches

► Ontario Transportation Minister Kathleen Wynne says the infrastructure investment will create and support jobs and support the economy

GO Transit is spending \$125 million to purchase 50 bi-level railway coaches from Bombardier for its inter-regional commuter service into Toronto.

The 162-passenger coaches will expand the system's capacity by 8,000 commuters a day.

Production of the coaches is scheduled to begin in June at Bombardier's facility in Thunder Bay, with deliveries beginning in the fall.

The order demonstrates "our customer's renewed confidence in the products we deliver," said Raymond Bachant, North American president of Bombardier Transportation.

The Bombardier-designed double-decker coaches have been part of GO Transit's fleet since 1978.

GO Transit operates Canada's largest commuter rail network, linking Hamilton and

communities surrounding the Greater Toronto Area with Canada's largest city.

Bombardier Transportation is the Berlin-based rail division of aerospace and railway manufacturer Bombardier Inc.

It said the railway car is the most popular multi-level commuter rail car in North America — in use in 13 major cities, including Montreal, Vancouver, Los Angeles and Dallas.

The order will include

the 1,000th car manufactured in Thunder Bay.

Bombardier's Thunder Bay plant is also building new subway and light-rail cars for the Toronto Transit Commission and Metrolinx, the provincial government agency that runs Go Transit.

On the Toronto Stock Exchange, Bombardier's shares were ahead three cents at \$6.13 at the close of yesterday's market.

THE CANADIAN PRESS



ALL NEW EPISODE

RICK MERCER REPORT

This week, Rick takes "Big Becky" for a ride as he joins the crew of the Niagara Tunnel Project in Niagara Falls.

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CONTRIBUTED



► The 15th edition of Canada Blooms celebrates Canadian music with gardens created by homegrown artists.

Canada Blooms in tune with Juno Awards

► Annual event features seminars from famous green thumbs ► Musicians to perform, help design gardens

Canada's largest garden show has teamed up this year with one of the biggest celebrations of Canadian music to attract people with green thumbs and those with a passion for music.

In celebration of the upcoming 40th Juno Awards, Canada Blooms will feature a performance by country album of the year nominee Carolyn Dawn Johnson at tonight's preview party, as well as feature gardens designed in partnership with Canadian musicians Sarah Harmer, Jully Black and Ben Heppner.

er.

The festival officially opens tomorrow and runs until Sunday at the Direct Energy Centre on the CNE grounds.

"After a long winter, spring has sprung," said Gerry Ginsberg, general manager of Canada Blooms.

"(The event) is like walking into a park on a mid-summer day, everything is in bloom."

Ginsberg said visitors enter with a walk through the Green for Life Garden, which is nearly 9,000 square feet and valued at

around \$500,000.

"It will be a great experience coming out of winter and seeing this garden. It's going to be incredible," he said.

Ginsberg added that in addition to multiple feature gardens, the five-day event boasts Canada's largest floral competition, workshops and seminars by gardening experts, opportunities to win trips and prizes, and lots of shopping.

For more information, including ticket prices, go to canadablooms.com.

● MATTHEW LOPES/FOR METRO

ESSA TOWNSHIP

Roadside fight leads to charges

Three men have been charged after a roadside fight west of Barrie left a man with a broken hand and cuts.

Provincial police were called to County Road 10 in Essa Township late Sunday afternoon by a passing motorist who reported seeing a fight.

Police say two men got out of their vehicles and

began fighting, then a passenger wielding an expandable baton joined the fracas.

A fourth man allegedly became confrontational with officers who arrived at the scene.

Steven Simone, 38, of Adjala Township is charged with assault causing bodily harm, while Theodore Tarquini, 27, of New Tecumseth is charged with assault causing bodily harm and assault with a weapon.

Patrick Simone, 39, of Adjala Township is charged with obstructing police.

THE CANADIAN PRESS

T.O. man charged

A Toronto man faces seven charges after police seized a .45-calibre mini Glock handgun.

Police say they found the gun on a man outside a nightclub near 214 Adelaide St. W. in Toronto's entertainment district on Saturday.

Michael Junior Browne, 26, is charged with several weapons offences, including carrying a concealed weapon and possession of a restricted firearm.

THE CANADIAN PRESS

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India threatened after capturing 61 pirates

► Sailors rescue 13 crew members from hijacked ship Sunday night

Five dozen pirates living on a hijacked ship that served as a roving pirate base jumped into the Arabian Sea yesterday after the Indian navy fired on the vessel in self-defence, the navy said yesterday.

The navy captured 61 pirates who fled the battle and the fire that broke out aboard the hijacked vessel. The battle is the latest example of the pirates' increased use of violence.

A pirate in Somalia threatened Indian sailors and the Indian government with targeted attacks in retaliation for the arrests.

The Indian navy said a

patrol aircraft spotted the mothership Friday while responding to another vessel reporting a pirate attack.

The pirates aborted the hijacking attempt and tried to escape on the mothership.

When the Indian ships closed in Sunday night, the pirates fired on them. The hijacked vessel burst into flames when the Indian navy returned fire, the navy said.

The pirates had hijacked the Mozambique-flagged Vega 5 in December and used it as a mothership.

THE ASSOCIATED PRESS



► Captured pirates sit under guard yesterday aboard an Indian naval ship in the Arabian Sea, off the coast of Kochi, India, in this photo from the Government of India Press Information Bureau.

World Vision

Japan devastated by quake and tsunami



AP Photo/Kyodo News

World Vision needs your help to provide immediate humanitarian relief to the children and families of Japan.

On Friday, north-eastern Japan was struck by a 9.0 magnitude earthquake – one of the most powerful earthquakes in recorded history – triggering a powerful tsunami. Thousands have lost their lives and entire towns have been washed away.

Children urgently need your help.

More than 200,000 children and families have been displaced. Children are spending bitterly cold nights in the open without food or water.

World Vision is there.

At this moment, our staff is on the ground, working to ensure that relief gets to those who need it most. Additional disaster response experts are on their way to assist in assessing and responding to the most urgent needs.

Please act now to protect lives!

To rush emergency supplies to the children and families of Japan who desperately need help now, call **1 800 654-2650** or donate now at **worldvision.ca**.

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Ontario considers cameras in courts

► Attorney General Chris Bentley says society hasn't 'fallen apart' since the U.S. started televising trials ► NDP justice critic supports the idea

Canada's largest court system is opening the door to delivering trials to the public via the small screen.

Ontario's attorney general says he's open to the idea of allowing cameras in courtrooms, and says

the time is right to canvas judges, Crown attorneys and defence lawyers on their opinions.

"I'm interested in the views of people as to whether we should move forward," Chris Bentley

said. Peter Kormos, a lawyer and justice critic for Ontario's New Democrats, says having cameras in courtrooms would bolster the openness of courts and accessibility to justice.

THE CANADIAN PRESS

On camera

In 2007, Ontario put cameras in the Court of Appeal as part of a pilot project.

- A report on the project recommended the use of cameras in Ontario courts, saying their images have "great potential" as a learning tool for students and lawyers.
- Media said the cameras promoted transparency and reduced the risk of errors and bias in reporting.
- The only caveat was the potential that sensitive information could be released inadvertently and the high capital cost of installing the cameras.



► Attorney General Chris Bentley

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RCMP to probe Tory staffer over interference

► Sebastien Togneri admits he held back document bound for media ► Minister calls for investigation

The federal government has called in the RCMP to investigate political interference by a Conservative staffer in an access-to-information request.

Public Works Minister Rona Ambrose has asked the Mounties to probe the actions of Sebastien Togneri, who worked for Christian Paradis when Paradis was minister of the department.

In July 2009, Togneri demanded that Public Works officials "unrelease" a document about to be sent to The Canadian Press, and then to censor it heavily.

The withheld document was a 133-page annual report on how well the de-



► Rona Ambrose

partment manages its massive real estate portfolio.

Ambrose asked for the police probe after an investigation by Canada's information commissioner found that Togneri clearly interfered with the request

when he had no legal authority to do so.

Suzanne Legault's report into the complaint by The Canadian Press also found that all but one public servant handling the request failed to uphold the law.

Legault's damaging findings are to be formally presented to Parliament next week in a special report.

Togneri admitted his "mistake" before a parliamentary committee last year, and Public Works officials called the incident an isolated case. He later resigned after reports of other access-to-information requests he appeared to have interfered with.

THE CANADIAN PRESS

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RISK OF MELTDOWN

► Fuel rods in all 3 operational reactors at Fukushima Dai-ichi plant appear to be melting: Top Japanese official

A third explosion in four days rocked a crippled nuclear power plant in tsunami-ravaged north-eastern Japan early today as authorities struggled to avert a catastrophic release of radiation.

The cascading troubles at the Fukushima Dai-ichi complex were set in motion when last Friday's quake and tsunami knocked out power, crippling the cooling systems needed to keep nuclear fuel from going into full meltdown.

The latest blast happened in the plant's Unit 2 near a suppression pool, which removes heat under a reactor vessel, plant

owner Tokyo Electric Power Co. said. No one was reported injured, but plant workers were temporarily evacuated.

Japanese authorities have been injecting seawater as a coolant of last resort, and advising nearby residents to stay inside to avoid contamination.

"It's like a horror movie," said 49-year-old Kyoko Nambu, as she stood on a hillside overlooking her ruined hometown of Soma, about 40 kilometres from the plant.

That compounded challenges already faced by the Tokyo government as it dealt with twin disasters that flattened entire communities and left as many as 10,000 or more dead.

It also raised global concerns about the safety of nuclear power at a time

"We can see the damage to our houses, but radiation? ... We have no idea what is happening. I am so scared."

KYOKO NAMBU, SOMA RESIDENT

when it has seen a resurgence as an alternative to fossil fuels.

Japanese authorities said there have been no large-scale radiation releases, though they had detected temporary elevations of radiation.

Tens of thousands of people around affected reactors were evacuated.

The head of the International Atomic Energy Agency said the Japanese government has asked the agency to send experts to help.

THE ASSOCIATED PRESS



► Upon hearing another tsunami warning, a father tries to flee for safety with his just reunited four-month-old daughter. The baby was spotted by a Japanese Self-Defence Force member in the rubble of tsunami-torn Ishinomaki yesterday, three days after a powerful earthquake-triggered tsunami hit northeast Japan.

1,500 Overall, more than 1,500 people have been scanned for radiation exposure in the area, officials said.

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RISES

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Scientists don't fear worst-case scenario

Outside experts are trying to determine the level of risk based on the limited public pronouncements so far by Japanese officials. While scientists said the situation was serious, it didn't seem to be careening toward the worst fears of a Chernobyl-like total meltdown, they said.

Donald Olander, professor emeritus of nuclear engineering at the University of California at Berkeley, said exposed uranium fuel rods are a crucial problem. Water keeps them from getting too hot, melting and burning their casing and melting the uranium fuel pellets inside.

The more time that passes with the reactor containment vessels intact, the less the chance of a catastrophe because "nuclear decay" lessens some of the enormous heat in the reactor, said James Stubbins, head of nuclear engineering at University of Illinois.

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Tech giants offer relief support

Google, Twitter and other technology companies are finding ways to help following last week's earthquake in Japan.

Google Inc. has an online "person finder" for people seeking information about a missing person.

Microsoft Corp. is offering free technical support and temporary software licences to companies affected by the earthquake. It has also pledged

\$250,000 in cash.

Twitter is trying to help organize the flood of information flowing through its system. It is suggesting people use certain tags for general earthquake information, requests for rescue and other related topics.

Amazon.com Inc. and Yahoo Inc. have links on their home pages encouraging people to donate to the relief efforts.

THE ASSOCIATED PRESS

'It is all gone'

Today, everything in Saito is spoken about in the past tense.

"That was city hall," said Takao Oyama, a 48-year-old construction worker, gesturing toward a two-storey white building that stood alone near the beach, leaning at an angle into a sheet of mud and sand.

"That was our elementary school," he said, pointing to a three-storey building a

few hundred metres away, whose entire facade had been ripped off and was covered in black and yellow ocean buoys. Most everything else has disappeared.

One crumpled sign indicated there had once been a train station here. It was hard to tell where, though. There were no tracks, no trains, no station.

"We can never live here again," Oyama said as he rested with his wife on a concrete ledge of the broken tarmac road.

After tsunami, village vanishes

► Saito survivor cites authorities as saying at least 4,500 of 17,000 inhabitants of wider northeastern Japanese region believed dead

It's hard to believe there was ever a village here at all.

The tsunami that devastated Japan's coast rolled in through a tree-lined ocean cove and obliterated nearly everything in its path in this village of about 250 people and 70 or so houses.

Now, three days later, Saito is a moonscape of death and debris, a hellish glimpse into the phenomenal destruction caused by the killer wave that followed Japan's most powerful earthquake on record and one of the five strongest on Earth in the past 110 years.

In Saito and nearby ar-

eas, there is no electricity and no running water. There are no generators humming. The night is pitch black. The buildings still standing are closed. No stores are open. Everything has stopped.

"There is nothing left," villager Toshio Abe told The Associated Press yesterday as firefighters in bright orange and yellow emergency suits hacked through the vast wasteland with pickaxes, searching not for survivors but for the dead. Abe said at least 40 of Saito's people were dead or unaccounted for.

Abe said he was gardening Friday afternoon when

"I think everybody was swept out to sea."

TAKAO OYAMA, SAITO RESIDENT

he felt the earth shake under his feet. Tsunami sirens blared and a loud-speaker announcement warned people to get to higher ground.

The 70-year-old frantically climbed a hill behind his home about two kilometres from the beach. From his safe vantage point, he watched as, 20 or 30 minutes later, the giant wave arrived with a thunderous roar.

It crashed through what appeared to be a two-

storey-high sea gate, then careened through the valley, following a two-lane road. He saw it rise up, over and through a bridge and smash into scores of houses, ripping most apart instantly.

Other houses, he said, were pulled from their foundations and slammed together.

Hills on both sides channelled the wave another kilometre or so inland, depositing the broken wooden innards of Saito's homes along the road.

"I never thought a tsunami would come this far inland," Abe said. "I thought we were safe."

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Boston **\$489**

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DAVID GUTTENFELDER/THE ASSOCIATED PRESS



► A survivor of the tsunami that swept through his village of Saito, in northeastern Japan, retells the story to a rescue team yesterday that arrived to search the area.



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TUESDAY, MARCH 15, 2011

PATRICK BAZ/GETTY IMAGES



► A Libyan rebel prays next to a pick-up truck carrying a machine-gun yesterday in Ajdabiya, Libya.

Sundown brings Libyan rebels out

► France, Britain step up calls to isolate Gadhafi

Moammar Gadhafi's warplanes, artillery and mortar shells can control huge swaths of territory by day, including oil ports, rebel supply routes and even hostile towns. Rebels say anti-government forces can still return in darkness to take advantage of Gadhafi's own thin supply lines and over-stretched ground troops.

The eastern port city of Brega has gone back and forth with the setting of the sun in recent days and is key to the battle for Libya's oil centres — so key that both sides claimed control of it nearly simultaneously yesterday. The regime offensive appears to be hampered by a lack of manpower: They can drive

out rebels with barrages, but not necessarily hold the territory.

Rebels didn't dare come out in the open yesterday in Brega, with a spokesman saying they were taking cover instead in the industrial oil area where they believed Gadhafi forces wouldn't fire.

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Provincial budget set for March 29

► 'Ontario a much more attractive place for businesses to invest': McGuinty

Different levels of government, different policies

The Liberals are not alone in harbouring policy differences between federal and provincial parties.

A senior federal Conservative official said yesterday that Finance Minister Jim Flaherty's focus for his budget March 22 is on "what's good for the country" — not what might help provincial Tory Leader Tim Hudak this fall.

"There's not a lot of

75B Finance Minister Jim Flaherty, whose budget next Tuesday could trigger a federal election, has a combined deficit of \$75 billion for 2010 and 2011.

overlap," the insider said. Hudak's political fortunes have "never come up."

That may not be surprising given that Hudak hopes to topple Premier Dalton McGuinty by harnessing voter anger over the 13 per cent harmonized sales tax, which Prime Minister Stephen Harper's Conservatives spearheaded.

TORSTAR NEWS SERVICE

Dwight Duncan was once a key adviser to Michael Ignatieff.

But when the Ontario finance minister introduces a budget March 29 — days after an expected election call in Ottawa — pressing concerns at Queen's Park will trump the political fortunes of the federal Liberal leader.

Duncan, who helped Ignatieff during the latter's doomed 2006 leadership bid, is facing an \$18.7-billion deficit with a provin-

"In fact, we have cut the cost of new business investment in half."

PREMIER DALTON MCGUINTY

cial election set for Oct. 6.

So while the federal Liberals will be campaigning against corporate tax cuts, Ontario's governing Grits are embracing reduced levies for Bay Street.

"We're committed to our tax plan for jobs and growth — and that includes corporate tax cuts," a senior Ontario Liberal official said yesterday, em-

phasizing there would be no tax increases in the budget.

"A typical Ontario restaurant will pay 67 per cent less in provincial corporate and sales taxes. The savings for a software publisher are 58 per cent. For a manufacturer, they're 89 per cent," Premier Dalton McGuinty said last week.

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► Dwight Duncan

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WEALTH WATCH

Net worth rises for Canadians

Canadians' net worth rose 2.2 per cent in the last three months of 2010 thanks to rising home values and a rebound in stock markets, Statistics Canada says. Still, the five to six per cent annual growth rate is below the near 10 per cent annual gains that were the norm before the recession.

After recovering from

the recession in the first half of the year, household net worth advanced by three per cent in the third quarter and again in the fourth to reach \$181,700 per capita. Collectively, the net worth of Canadians totalled \$6.2 trillion at the end of 2010.

But Statistics Canada noted that Canadians continue to take on debt, with the ratio of household debt to disposable income at a record 149 per cent. Once interest rates rise, servicing debt will become more difficult.

THE CANADIAN PRESS

Market moment

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Would you like Rihanna with that burger?

Toronto-based Mood Media has signed a deal to provide music and sound systems to 258 McDonald's restaurants in Poland. The company works in 800 retail chains in 30 countries and provides them with in-store music and other products. Last month, it acquired Finnish music provider Pelika for \$9.8 million US.

THE CANADIAN PRESS

Uranium stocks hit as nuclear fears spread



► Anti-nuclear activists demonstrate yesterday at the Chancellery in Berlin, in reaction to the dramatic situation at the Fukushima nuclear plant in Japan. Analysts say that, in the long term, demand for nuclear energy — and Canadian-mined uranium — is unlikely to subside.

► Drop in share price 'driven by emotion': Cameco CEO Jerry Grandey

The world's largest uranium miner sought to allay concerns over the future of the global nuclear industry yesterday as trouble continued at a Japanese power plant damaged in last week's earthquake and tsunami.

"Looking beyond the events of recent days, we at Cameco don't see a dramatic effect on the fundamentals of our uranium business," said Cameco Corp. CEO Jerry Grandey.

Cameco's shares took a beating on the Toronto Stock Exchange yesterday, tumbling nearly 13 per cent to close at \$31.70. It wasn't alone: Uranium One fell nearly 28 per cent and Denison Mines Corp. more than 22 per cent.

Uranium is a major economic engine for Saskatchewan, where Cameco is headquartered. About 10 to 12 per cent of Cameco's current volumes are bound for Japan, with

that number expected to rise to between 18 to 20 per cent in the long term.

But even as Switzerland and Germany put the brakes on their nuclear programs, observers said China, India and Japan will likely continue to build nuclear energy plants, which means the uranium stock drops could be a buying opportunity for investors who believe the world's nuclear energy demand will support the industry long term.

As for the wider impact of the Japanese disaster, analysts predicted it will have little effect on the Canadian economy. In the long view, both global and Japanese gross domestic product will likely get a boost from the massive rebuilding effort, economists said, which means Canadian exporters of copper, oil, lumber and other materials stand to benefit. THE CANADIAN PRESS

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The global insurance industry may have to pay out as much as \$60 billion US when the damage is tallied from Japan's earthquake and tsunami, which would make the disaster the most expensive behind hurricane Katrina, early estimates suggest.

Global insurance stocks were battered yesterday, but analysts stressed there are some mitigating factors, including the fact that damage to residential property is covered by a state-backed system and

nuclear damage is excluded from policies.

Those elements mean insurance costs will likely fall short of those associated with hurricane Katrina in 2005.

Moody's ratings agency said a wildcard factor was the potential for so-called "business-interruption losses," which are influenced by damage to power and transportation infrastructure.

"We believe that estimating claims will be a protracted process, as the size

and scope of the event will place significant strain on insurers' claims adjustment resources," the agency said in a report. "Moreover, aftershocks could last for weeks, causing additional insured losses."

Fear of the unknown weighed heavily on some of the world's biggest reinsurance companies yesterday. Munich Re shares were down 7.7 per cent from their close Thursday, the day before the earthquake, while Hannover Re was off 7.6 per cent. In

New York, Aflac Inc. dropped 3.6 per cent.

"The market has probably overreacted this morning," said Christian Muschick, an analyst at merchant bank Silvia Quandt & Cie. AG in Frankfurt.

But the impact on the biggest reinsurers will be less than it was from the global financial crisis, and the companies will probably be able to raise their rates in the wake of the disaster.

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For the period of time between the end of university and landing a real job, I didn't have any health insurance. So I did what every unpaid intern does — I stopped going to the doctor, the dentist and every other medical professional in an attempt to save money.

When those benefits finally kicked in I started to take advantage in a big way. With the promise of financial reimbursement I began filling up my lunch hours, evenings and even weekends with a long

list of appointments. I didn't just schedule an annual checkup — I enlisted a diverse team of medical experts to poke, prod and examine every inch of me.

For more than a year I was under the impression there was nothing wrong with me.

Now, there are an endless number of reasons to visit doctors, dentists, naturopaths (because maybe Western medicine doesn't have all the answers) and a whole range of specialists.

All of these appointments have to be painstakingly organized in my BlackBerry and colour coded in an agenda (yes, that near obsolete thing with paper pages) just in case my digital calendar malfunctions. My time management skills may be improving but I'm starting to develop serious appointment

fatigue.

Even my efforts to improve my own health — the high-intensity spinning classes, the backbreaking boot camp — necessitate more medical intervention. I have to recruit chiropractors and physiotherapists just to fix the damage I'm doing to myself.

My strict schedule of self-improvement has left me feeling overbooked and overwhelmed. Now, even the fun activities — an occasional manicure, a day at the spa — have come to feel more like chores.

I have become my own Tiger Mom.

It seems the more I focus on taking care of myself, the more anxiety I feel.

And I know I'm not the only one.

The pressure to push

ourselves toward perfection means there is always something more we can be doing and, as a result, we're scheduling ourselves to the point of exhaustion.

But taking care of yourself shouldn't feel like a full-time job. Claiming every penny of my insurance plan just because I can might actually be more unhealthy than skipping out on that annual checkup.

So I'm done with my tyrannical timetable for now — the only appointment left in my agenda is with an accountant.

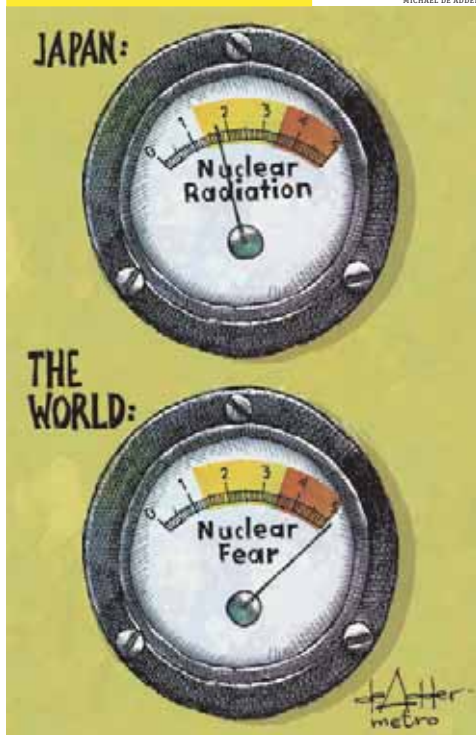
Because you can always avoid the dentist but you can never, ever avoid your taxes.



Read more of Jessica Napier's columns at metronews.ca/shesays

Cartoon

MICHAEL DE ADLER



Turning to web for news

Worth mentioning

The rapid growth of smartphones and electronic tablets is making the Internet the destination of choice for consumers looking for news, a report released yesterday said.

Local, network and cable television news, newspapers, radio and magazines all lost audience last year, according to the Project for Excellence in Journalism, a U.S. research organization that evaluates and studies the performance of the press. News consumption online increased 17 per cent last year from the year before, the project said in its

Close at hand

THE ASSOCIATED PRESS FILE



eighth annual State Of The News Media survey.

The percentage of people who say they get news online at least three times a week surpassed newspapers for the first time. It was second only to local TV news as the most popular news platform and seems poised to pass that medium, too, project director Tom Rosenstiel

said. Local TV news has been the most popular format since the 1960s, when its growth was largely responsible for the death of afternoon newspapers, he said.

People are just becoming accustomed to having the Internet available in their pockets on phones or small tablets, he said.

THE ASSOCIATED PRESS

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Metro Minute at Maléna restaurant

Vegans, stop reading this right now. OK, but we warned you. Because we're about to discuss something that is definitely not Thumper approved.

For foodies, however, Maléna restaurant's Sheep's Milk Ricotta Gnudi with braised rabbit, spinach and crisp parsnip will sound like the sort of dish that could only be dreamed up by a creative

culinary mastermind.

Gnudi — which means "nude" in Italian — is, in crude terms, like pasta with no clothes on: All the deliciousness of pasta inside without the carb-heavy dough. Pair that with some fresh veggies, creamy cheese, and a bit of bunny and — bam! You've got yourself one of the trendiest plates in town.

● JORDANA DIVON



► Try the Sheep's Milk Ricotta Gnudi at Maléna, 120 Avenue Rd., or visit malena120.ca to check out its other delectable dishes.

metro

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metroscene

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TUESDAY, MARCH 15, 2011

21

From Wisteria Lane to neurosurgeon

FRAZER HARRISON/GETTY IMAGES



► Dana Delany stars in the new ABC show *Body of Proof*, which premieres March 29.

► Dana Delany takes the lead in new TV series *Body of Proof* ► Like her character, the actress had an accident where she injured her hands



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METRO WORLD NEWS IN LOS ANGELES

After three years of doing domestic battle with five other female leads on *Desperate Housewives*, Dana Delany is taking the lead in *Body of Proof*. Delany plays Megan Hunt, a brilliant neurosurgeon who turns to forensics after a car accident impairs the use of her hands.

How did this project come to you?

It kind of came out of the blue. I was, you know, very happily on *Desperate Housewives*, and I got a call from the head of ABC saying, "We've enjoyed having you on *Housewives* but we don't know how much longer you're going to be on the show." And then he said, "But we have this other show we'd like you to think about." And I was kind of taken aback, but I'm not stupid. I saw the handwriting on the wall, so I thought, All right. Why not? Why not try it?

Is it true you have a strange connection to your character on this show?

I had a car accident right before we started shooting that was almost exactly like the show. It was a week before we started

shooting. I was hit by a bus, and I had a concussion, and I broke two fingers. The bus driver asked me for my autograph after she hit me.

Did you give it to her?

No. (laughs) This is what she said. She said, "Didn't you see me coming?" I said, "Yeah, I saw you coming. You're a bus. I thought you were stopping." And she said, "I know who you are. Could I have your autograph?" (laughs)

You met with a real female neurosurgeon for research. What was her impression of the show?

She said it was really spot-on, because to be a female neurosurgeon at my age would have been almost impossible. You could not really have a life except for that. And she said that she could not get into any medical school because she wanted to be a neurosurgeon. They said, "But you're going to want to get married and have kids, and you're not going to follow through. So we're not going to take you in." Finally she got one guy to write her a recommendation saying, "OK, she's smart. She's passed everything. I'll write it, but she is a woman." You know, it's all this "But she is a woman" kind of thing.

2
scene

Scene in brief



Bryan Adams has confirmed that he's going to be a dad at 51. Yesterday, Adams posted on his Twitter account that a report out of the U.K. is "sort of correct (except for the 'friend' bit)." The Telegraph newspaper reported Sunday that Adams and his personal assistant Alicia Grimaldi are expecting a baby in May. Adams also tweeted out thanks for the "kind wishes" he's received.

THE CANADIAN PRESS



Survivor star Hatch presents himself to begin 9-month prison term



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CANADA BLOOMS WITH THE JUNO'S

TWO CANADIAN EVENTS STEP INTO THE SPOTLIGHT TOGETHER!

The red carpet has been rolled out at Canada Blooms! "This year, the popular garden and floral design show pays a special tribute to the JUNO Awards 40th Anniversary," explains Colomba Fuller, Artistic Director, "with a star-studded "JUNO Rocks" Gardens, consisting of

five gardens inspired by JUNO-winning artists!"

Oriole Landscaping captures Sarah Harmer's feelings towards nature in a beautiful rural garden. The singer-songwriter-environmentalist is nominated for three JUNO awards this year.

There's a garden tribute to Oscar Peterson, one of Canada's most loved musicians. Denis Flanagan and Landscape Ontario worked with the pianist's family to capture the mood and music of the late composer and JUNO Award winner who passed away in 2007.

Singer/songwriter Carolyn Dawn

Johnson comes to Canada Blooms with a nomination for Country Album of the Year at the 2011 JUNO Awards! Born in rural Alberta, her garden was created by Evergreen Environments and includes a play area for children (she has two young children herself).

A purple and blue colour-scheme is a striking contemporary palette for the garden inspired by Canada's R&B queen, Jullie Black. Sander Design Landscape Architects created the interactive garden.

"Dramatic" is a good word to describe internationally acclaimed tenor Ben Heppner who suggested Judith Wright

& Associates create a scene from *Parsifal*, one of his favourite operas by Richard Wagner.

"Canada Blooms also features a JUNO Glam tribute to the flowers, colours and history of the Awards," explains Fuller. There are several exhibits that depict the evolution of floral arranging and the event itself over the last 40 years.

But the sweetest star of all? A lovely, all-sugar JUNO statuette adorns the top of a beautiful 4-tiered cake celebrating the 15th anniversary of Canada Blooms and the 40th anniversary of the JUNO's. The statuette is on display at the entrance

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WWW.CANADABLOOMS.COM

ALL THE BUZZ!

Canada Blooms is always a showcase for hot gardening trends, says Toronto gardening specialist Frank Ferragine (aka Frankie Flowers), seen regularly on CityNews. Here's what to watch for.



GROW YOUR OWN Because home grown food tastes better.

GARDEN GNOMES! Gnomeo and Juliet, the new motion picture, sets the stage for a surge in these garden keepers.

SUSTAINABILITY No chemicals and insecticide... less water.

XERISCAPING Drought tolerant plants are water-wise.

COMMUNITY GARDENS No space, no garden, no problem.

BLOOM IQ Scan these plant tags with your smart phone for all the information you need, says Ferragine.

GET DIRTY Working in the garden really is good for your body & soul.

THE BUZZ LITERALLY! Pollinating plants attract and sustain bees.

FLOWER POWER

Ontario-grown flowers and plants are fabulous quality, says Albert Graves, Bloemen Decor, Oakville. "Plus, it is a lot friendlier to buy a local plant over one that comes from 6,000 kilometres away." Here are five locally grown flowers to bring home.

PHALAENOPSIS ORCHID Lasting four to six weeks when it blooms, this is a beautiful and easy-to-maintain plant. Just don't over-water it, says Graves.

HELLEBORUS This plant provides a great bloom indoors... then, it can go outside and bloom again in February or March after the frost is gone. It provides a lovely start to spring!

BOUGAINVILLEA This beauty is a magnificent summer bloomer. The vine loves the heat, and we love it because it adds a Caribbean feel in the city, says Graves!

FREESIAS Stop and inhale deeply around Freesias... their fragrance, like all plant fragrance, makes you feel better, says Graves. And that's another good reason why you should be filling your home with fresh flowers and plants!

GERBERAS These colourful big bloom flowers are ideal as cut flowers. Enjoy.

ING AT CANADA BLOOMS — MARCH 16-20

CALLING ALL KIDS

NATURE AWAITS AT CANADA BLOOMS

Children are going to love the Bienenstock Natural Playground at Canada Blooms... from the 200-year-old willow stumps (that are 7 feet wide and 8 feet tall), at the entrance to the million-year-old boulders inside! The Dundas, Ontario, company creates natural playground spaces that encourage open imaginative play and connect kids to nature when and where they play, explains Adam Bienenstock.

At Canada Blooms, the 3,000 square foot playground — for kids and their parents — features boulders to climb on with nets, ropes that go from one boulder to the next, giant logs, slides, an amphitheatre where you can listen to story time and children's performers! Sand sculptor Karen Fralich will spend the entire show working on 10-foot tall and 30-foot wide forest scene: a child sitting on a tree stump reading a story to forest animals! Other nature play



activities include making musical instruments and creating murals.

"We have so much nature around us but kids don't connect," says Bienenstock, who is also a director on the Child and Nature Alliance. "So we give them the opportunity. And, it's good for child development, promotes regular activity and healthy weight and gives children something fun to do other than the TV and computer!"



GROWING CANADA BLOOMS 2011



MATERIALS USED TO BUILD DISPLAYS AND GARDENS AT CANADA BLOOMS

800 tons of sand, 420 cubic yards of mulch, 30 tractor trailer loads of stone and concrete products.

EQUIPMENT USED TO MOVE IN MATERIALS

40 tractors, 20-ton wheel loaders, forklifts, telescopic handlers and utility vehicles

NUMBER OF PLANTS, TREES AND FLOWERS AT CANADA BLOOMS

250,000

VALUE OF PLANT MATERIAL AT RETAIL AT CANADA BLOOMS

\$500,000+

WHEN SPRING ARRIVED — ARTIFICIALLY — IN ONTARIO GREENHOUSES IN PREPARATION FOR CANADA BLOOMS

November

NUMBER OF LARGE TREES AT THIS YEAR'S EVENT

300 trees+



Q&A

WHAT TYPES OF FLOWERS WILL ATTRACT BUTTERFLIES TO MY GARDEN?

Canadian gardening expert Mark Cullen, replies: "Butterflies are attracted primarily to pollen. But butterflies also need a 'landing pad' where they can graze and collect the pollen. So choose flat faced pollen-rich perennial flowers including Echinacea [purple cone flower], Leucanthemum superbum [Shasta daisy], tickseed, buttercups and rudbeckia. Annuals that attract a host of butterflies include pot marigold [calendula], zinnias, scabiosa and sun flowers. Keep in mind that butterflies need to drink. Set up a small container of fresh water to attract them and keep them coming back."

Mark Cullen is on stage at Canada Blooms with Denis Flanagan Wednesday through Saturday at 11:30 a.m.; and with his daughter Heather, Friday at 1 p.m.

I LIVE IN AN APARTMENT...

HOW CAN I GROW MY OWN FOOD?

Jodi Callan, Senior Environmental Planner at Toronto Environment Office replies: "One of the easiest ways is container gardening. Containers can be used anywhere, and they bring an element of beauty to balconies too. A container can be anything that holds soil... such as hanging baskets, planter boxes, old blue boxes, five litre plastic pails. The soil mix you use should be high in plant nutrients and be sure to select plants that are appropriate for the size of the container. Plants that are recommended for container gardening include tomatoes, bush beans, all of the greens (kale, mustard greens, lettuce varieties and spinach), radishes, some carrot varieties and herbs. Of course, there are others good ways to grow your own food including community gardening or renting an allotment garden. Visit www.Toronto.ca/parks for more information."

The City of Toronto's booth at Canada Blooms has information about urban agriculture and growing your own food.

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On separating from Sterling

► Mad Men star John Slattery plays a similar character in The Adjustment Bureau and Lincoln TV ad

HEIDI PATALANO
SCENEMETRONWS.CA
METRO WORLD NEWS IN NEW YORK

When John Slattery began playing the dashing and witty Roger Sterling on

Mad Men, he had no idea that he was signing on to become Roger Sterling, quite literally. The man can't get away from the character.

Whether it's in his smooth narration of Lin-

coln car commercials or in his latest film, The Adjustment Bureau — in which he appears in a getup strikingly similar to that of the 1960s ad executive — Slattery and Sterling are more and more becoming one

and the same.

"I know. I say I have to be careful and it doesn't seem like I'm being careful," Slattery confesses, admitting that by taking jobs like the Lincoln gig and the role on Bureau, he might



► John Slattery, right, stars in The Adjustment Bureau, but is anxious for more Mad Men.

be pigeon-holing himself. But the role in The Adjustment Bureau — playing an employee of the mysterious Bureau, which tries to keep the world on its proper course — was too good to turn down.

"I'm sure it will be like, 'He's doing just another version of Roger Sterling,' but that's OK," he says. "It's an interesting idea and I liked the people that were going to be in it, I liked the script and the character."

Meanwhile, Sterling — er, Slattery — is gearing up

for the fifth season of Mad Men, though at press time no contracts had been signed, and typically this is the time of year when scripts are being composed. But Slattery isn't worried.

"Everyone's optimistic that it's coming back, but deals haven't been worked out somewhere upstairs and so no one knows anything," he says. "I mean, maybe (creator Matt Weiner) has ideas, but I was just with him for a week and he hasn't said a thing to me."



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► Holliday Grainger, left, plays Lucrezia Borgia and Francois Arnaud portrays Cesare Borgia in The Borgias.

The Borgias head to Bravo

The sexy new period drama The Borgias will air uncensored on Bravo next month.

Producers of the Canadian co-production say the sprawling miniseries will air day-and-date with Showtime in the United States beginning April 3.

The Borgias is set in 15th century Italy and traces the corrupt rise to power of Rodrigo Borgia, who became Pope Alexander VI.

Jeremy Irons stars as the patriarch, while Stratford festival veteran Colm Feore plays his arch nemesis Cardinal Della Rovere. Montreal's Francois Arnaud appears as Rodrigo's ruthless son Cesare.

Joanne Whalley plays

Vanozza, the pope's longtime mistress and mother of his children.

The Borgias debuts with a special two-hour episode. The co-production between Canada, Ireland and Hungary airs later this spring on CTV.

The nine-part, hour-long series was created and written by The Crying Game writer/director Neil Jordan.

"Certainly there was salacious behaviour in the Vatican under the Borgias," Jordan said in a release.

"But what's most interesting to me is the way in which power wears a religious cloak — and then becomes terrifying in its appetites."

THE CANADIAN PRESS

DVD Releases this week Buy it ⑤⑤⑤⑤ | Rent it ⑤⑤⑤⑤
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Fighter goes the distance

The Fighter

Genre: Drama

Director: David O. Russell

Stars: Mark Wahlberg, Christian Bale, Amy Adams

⑤⑤⑤⑤½

The Fighter engages the mind, and also the body by proxy. You don't physically experience the punches that rain upon Mark Wahlberg's dogged boxer "Irish" Micky Ward, but it feels as if you do.

Micky isn't the only scrapper implied by that singularly misleading title. Dicky Eklund (Christian Bale), Micky's half-brother and full-on coach, friend and millstone, once had a ring career, too.

He went the distance against Sugar Ray Leonard in a controversial 1978 fight, and he's never let anyone forget it. Dicky was the Pride of Lowell, Mass., the tough mill town where another free spirit, beat scribe Jack Kerouac, also hailed from.

Now it's 1993, and Dicky



is struggling to rebound from alcohol and crack abuse. It's Micky's turn to be the Pride of Lowell, by winning welterweight championship honours, and the two bros. couldn't be more different.

Micky is taciturn, stolid, determined. Dicky is mouthy, restless and, to use his own words, "squirrelly as f---" But Dicky knows how to fight and how to motivate.

Lowell is a hard-knocks town for women, too. Micky and Dicky have seven sisters that smoke and cuss and judge, but they're fiercely loyal to family.

They don't like Micky's

new girlfriend, barmaid Charlene (Amy Adams). Then there's mom, Alice (Oscar-winning Melissa Leo), done up like a hooker at a wedding in her tight pant suit ensemble. She's Micky's business manager, but she's as useful as a horsefly.

Of this rough mix does director David O. Russell pack dynamite, a film more concerned with family brawls than ringside ones.

Bale, who also won an Oscar for this film, runs away with one of the most memorable performances of 2010.

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DARREN CALABRESE/THE CANADIAN PRESS



► Fans crowd round Justin Bieber's purple sneakers.

Bieber's a hit at Bata

► March break event lets fans
get (sort of) close to Justin

A wave of Bieber Fever swept through Toronto on Monday as dozens of youngsters poured into the Bata Shoe Museum to see the pop singer's shoes enshrined.

Justin Bieber fans ranging in age from about five to 15 shrieked when the museum curator unveiled a glass case containing a pair of purple sneakers.

The shoes have been worn on stage by the 17-year-old heartthrob from Stratford, Ont.

The well-worn Supra Skytops join the museum's collection of celebrity footwear, which includes shoes worn by John Lennon, Terry Fox and Marilyn Monroe.

Prior to the unveiling, the kids watched a performance by Landon Holmes, a 12-year-old

Bieber tribute artist from Woodstock, Ont.

Lara, 15, and Celeste, 14, wore Bieber T-shirts and purple 3-D glasses from the premiere of Bieber's recent film Never Say Never.

The diehard fans said it was exciting to get a good look at the pop star's shoes. "To be that close is amazing," Celeste said. "He wore them in concert."

The girls have seen Bieber perform three times and are hoping to meet the singer one day.

Several boys were also in attendance, including 10-year-old aspiring pop star Christian.

"I like Justin Bieber and I like his songs," he said. "I think I'll become a big pop star when I grow up."

THE CANADIAN PRESS



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Talking points

Sheen absent from twins' birthday party

RESTRAINING ORDER. Charlie Sheen's twin sons, Max and Bob, celebrated their second birthday over the weekend with a lavish party — but without their dad, according to *Us Weekly*. Sheen is currently locked in a nasty custody battle with the twins' mom, Brooke Mueller, who has a restraining order out against the troubled former *Two and Half Men* star.

"Brooke seemed to have a good time, too, and was relaxed and happy," said the source. "She seemed focused on her kids and nothing else. There was a lot of security outside at all times to make sure no uninvited guests got in. There was no sign of Charlie at the party."

● METRO

Did Mila Kunis play a role in Justin's split?

▶ After many years as an item, Timberlake and Jessica Biel recently ended their relationship



▶ Mila Kunis

ETHAN MILLER/GETTY IMAGES

Some insiders have been suggesting Mila Kunis played a major role in the recent split of Justin Timberlake and Jessica Biel.

But the *Black Swan* actress is blameless in this one, according to *People* magazine.

"Mila had nothing to do with their breakup. In fact, no one came between them. They decided their relationship ran its course, and it was time to move on," a source says, adding that Timberlake and Kunis are "not in a relationship. They star in a movie called *Friends with Benefits*, but they're just friends. That's it. They are not together."

● METRO

Usher sex tape up for bidding

they've seen part of the video, and they insist Usher is

definitely the star.

Sources close to the singer speculate that the video was stolen from his car in 2009, a break-in that resulted in Usher reporting more than \$1 million worth of items stolen. His reps have no comment on the existence of the video.

● METRO

There is reportedly a homemade sex tape featuring R&B singer Usher and his ex-wife, Tameka Foster, floating around Hollywood, ready to go to the highest bidder, according to *TMZ*.

Representatives for the website say



▶ Paris Hilton

Is Paris Hilton domesticated?

Paris Hilton may finally be ready to settle down with her current boyfriend, nightclub owner Cy Waits, according to *Hollyscoop*. "I feel broody sometimes," Paris says of the idea of starting a family with Waits. "I'd love kids in the future. Cy's the best boyfriend I've ever had. I'm so happy with him."

● METRO

Celebrity tweets

Paris Hilton
[@ParisHilton]

Watching the news about the huge earthquake and tsunami in Japan. :(My heart goes out to everyone in Japan. Praying for you all.

Kelly Osbourne
[@MissKellyO] hahaha sorry

"driving me potty" is english slang it's like saying "driving me nuts"

Conan O'Brien
[@ConanOBrien]

Already filled out my March Madness brackets. I picked "The King's Speech" over UConn.

Charlie Sheen
[@charliesheen]

Curveball; Warlock edit; pain & devastation in Japan demands us all to dig deep & LOVE THEM VIOLENTLY Dogspeed my cadres of the Far East! ● METRO

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3
life

Did you know?



The best time to brush your teeth is about an hour after eating.

After we eat, bacteria on the teeth make acid from the sugars in the food. The saliva has a natural ability to remineralize the teeth after this acid attack.

Waiting an hour after eating until you brush your teeth gives your saliva a chance to do its job of rebuilding tooth enamel.

CELIA MILNE



Study suggests lower stroke risk in women who drink at least a cup of java a day

Healthy teeth, healthy you

▶ Extend your life by 10 years by simply brushing your teeth ▶ If you're feeling bloated, a lack of dental hygiene could be to blame



CELIA MILNE
LIFE@METRONWS.CA

Don't get down in the mouth.

Caring for your teeth and gums is as important to your overall health as exercising, not smoking and not overeating. If you are pregnant, it could even prevent pre-term birth.

"You can't have good overall health without good oral health," says Dr. Anthony Iacopino, dean of the University of Manitoba faculty of dentistry and director of the International Centre for Oral-Systemic Health in Winnipeg.

When you don't brush and floss properly, the biofilm (a layer of protein) on the teeth becomes loaded with bacteria. The bacteria accumulates on the teeth and causes swelling and destruction of gum tissue. Once that

inflammation develops, it's not limited to the mouth. It contributes to whole body inflammation because the oral bacteria and molecules involved in swelling enter your blood stream. This chronic inflammation in the body can make illnesses such as diabetes, atherosclerosis, heart disease, arthritis and colds worse, says Iacopino. It can also raise the risk in pregnant women that they will have premature labour or a low-birth-weight baby.

He suggests brushing and flossing twice a day (morning and night). Even rinsing with mouthwash is better than nothing. "Poor oral health has been linked to serious systemic diseases and poor quality of life as one gets older. For best health and enjoyment of life, pay attention to your oral health and make sure you do not have inflammation



ISTOCK IMAGES

around your teeth." Common signs of oral problems are bleeding, loose teeth and constant bad breath. Iacopino suggests most people visit a dental professional for cleanings every six months. High-risk people — people with heart disease, diabetes or pregnant women — should visit the dental office more often.

Need more reason to take care of your mouth? Iacopino says, "Brushing and flossing have been linked to a 10-year increase in life expectancy."

PREGNANT? RINSE YOUR MOUTH

A new study done in Pennsylvania has found that pregnant women who rinse with mouthwash have a lower risk of giving birth earlier than those who don't.

Other studies have found a link between gum disease and pre-term birth.

"For pregnant women who can't brush or floss their teeth as much as

they'd like to, something as simple as using an antimicrobial mouthwash once a day can significantly reduce the chances of adverse pregnancy outcomes (premature labour or low birth weight)," says Dr. Anthony Iacopino, dean of the University of Manitoba faculty of dentistry.

CELIA MILNE

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► **BACK TO BASICS:** Forget price tags on beauty creams. It's the nutritional tags on items on your grocery list you should monitor if you're fighting off wrinkles.

Quit frowning and eat up

ROMINA MCGUINNESS
LIFE@METRONWS.CA

Over the years, cosmetic junkies have bought as many "promises of eternal youth" in overpriced jars as they have jam pots.

Perhaps the answer lies outside the department store.

We spoke to Oprah-approved Dr. Nicholas Perricone, author of *The Wrinkle Cure*, and left with this advice: Stop look-

ing in the mirror, and start looking on your plate.

Feed your wrinkles

Perricone claims that an anti-inflammatory diet is the key to wrinkle-free skin. He says that while not visible on the surface,

inflammation speeds up the rate at which collagen — the skin's "glue" — is broken down. By eating the recommended foods, you'll be protecting your collagen (and yourself) from breaking down.



Green Tea

Rich in antioxidants, green tea helps fight inflammation and age-accelerating free radicals. What's more, green tea contains a compound, theanine, that acts as a natural mood elevator.



Cinnamon

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Extra Virgin Olive Oil

Virgin olive oil contains abundant amounts of the antioxidant polyphenol, and the essential fatty acids in olive oil nourish the skin and provide anti-inflammatory activity.



Salmon

Wild Salmon is one of the best sources of heart healthy protein and is rich in omega-3 essential fatty acids. It inhibits inflammation, helping keep the skin looking young, radiant and supple.

Worried about wrinkles?

Dr. Nicholas Perricone looks to your diet and lifestyle for answers.



- 1 Exercise:** The skin of those who exercise regularly has proven to contain healthier collagen, necessary for skin strength and flexibility.
- 2 Short Naps:** They give you extra energy, making you more alert and productive throughout the day.
- 3 Smoking:** Increases the production of an enzyme that breaks down the supply of collagen to the skin's structure.
- 4 Diet:** Sugar (all forms), processed foods, pasta, bread, pastry, and snacks such as chips and pretzels all cause a highly destructive pro-inflammatory response in our bodies.
- 5 Sun exposure:** Exposing our skin to the sun over a long period of time reduces collagen levels in the skin. The sun's UV-A rays generate free radicals that oxidize the proteins, lipids, and DNA in the skin. The result is a shortage of the molecule the body uses to make collagen.

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Thoughts on ... emotions

ADVICE. Putting pen to paper is a great way to reduce stress, process

your feelings, and emotionally express yourself. Putting your pain, fear, anger, frustrations, and grief down on paper brings about solu-

tions more easily. How to start you wonder? Be an observer of your life. **NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE RADIO SHOW. AWAKENINGSCANADA.COM**

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DAILY SQUEEZE

ASIA NELSON

ASIA NELSON IS A CERTIFIED ADVANCED YOGA INSTRUCTOR AND DIRECTOR OF PRANALIFE YOGA IN KITCHENER, ONTARIO. SHE IS ALSO A CONTRIBUTING EXPERT ON DAILY SQUEEZE.CA.

Many clients often ask me how to build the upper body strength required in Ashtanga and other yoga styles. My first reply is that of yoga guru Sri K. Pattabhi Jois: "Practice, practice, all is coming." In other words, just doing yoga will give you the strength to do more yoga. That being said, here are two specific exercises to strengthen your upper body and core

Walk-out plank

Begin in regular plank pose on hands and toes with your body in a straight line, hands rooted under the shoulders, tailbone reach-



ing for your heels and strong legs.

Once you can hold plank for 45 seconds with even breath, you're ready. Start changing the posture by inching your hands forward, keeping your core lifted and legs strong. Eventually you want your body to come within inches of the floor with arms almost straight out in front of you.

Try not to rush and

maintain a sense of control as you move forward. Stay at your edge for at least two even breaths before trying to go further.

Dolphin pushups

Come to your hands and knees, then place your elbows on the floor directly under your shoulders and interlace your fingers. Lift your hips up, using your thigh strength to press the thigh bones back. (Like you're in a Down Dog, but on your forearms.)

When you can easily hold this position for five to 10 breaths, stop timing the pose and begin the pushups. On your exhale, draw your chin toward the floor in front of your interlaced fingers and on your inhale use your core and leg strength to come back to the original position.

Start with just a few pushups and build up to ten. VISIT DAILY SQUEEZE.CA.

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A paramount fail in fast Middle Eastern cuisine

► Paramount Fine Foods' service and eats turn out not to be fine at all

LUNCH RUSH

STEPHANIE DICKSON
FOOD@METRONWS.CA

Paramount, a chain of table-service fast food Middle Eastern restaurants, has taken over the Superior location on Yonge.

The tables are close together, but otherwise it's a nice bright space.

We order fresh juice (\$3.99) and are given hot, puffed out pitas. Then we are abandoned while three other parties who arrived after us, order and get their food.

We wait and wait. Thirty minutes pass.

It's weird — we're right in the open.

We finally flag someone



down and order: Makanek Plate (\$9.99) — two skewers of spiced, grilled beef sausage with fries and mixed pickles — and Chicken and Beef Shawarma Plate (\$11.99) with rice and mixed pickles. We're

absolutely starving now.

Another 30 minutes pass before our cold food arrives (the sausages are hot). We eat a little, but it's too cold to enjoy.

We leave perplexed and still hungry.

► **Paramount Fine Foods Inc.**
253 Yonge St. (at Dundas)
416-366-3600
paramountfinefoods.com
Reservations: No
Rating: 0 out of 5

Bronzed Catfish



EMILY RICHARDS
FOOD@METRONWS.CA

Looking to add spice to a weeknight meal? Try catfish and enjoy the flavours of the South.

Preparation:

1 In a small bowl, combine paprika, oregano, thyme, onion and garlic powder, salt, black and cayenne peppers. Sprinkle both sides of fish with spice mixture, patting into fillets.

2 In skillet, heat oil and butter over medium-high heat. When it begins to bubble, add fillets. Cook for 4 minutes per side or until fish flakes with a fork.

3 Serve each fillet with a wedge of lemon for squeezing over top.
CATFISHINSTITUTE.CA

EMILY RICHARDS IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 2 tsp (10 mL) each paprika, dried oregano and thyme leaves
- ½ tsp (2 mL) each onion powder and garlic powder and salt

- ¼ tsp (1 mL) black pepper
- Pinch cayenne pepper
- 4 catfish fillets, 6 to 8 oz (180 to 250 g) each
- 2 tsp (10 mL) olive oil
- 1 tsp (5 mL) butter
- 4 lemon wedges

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SINGLE PARENTS: DON'T LIMIT YOURSELF

Two Sisters

ANDREA & CLAIRE

RELATIONSHIPS
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How does a single parent date? And how are we supposed to scope out the other single parents at the park without looking like we're trying to pick up happily married spouses, and do all that without letting your child fall off the jungle gym? And once you're out with

someone — parent or not — how much do you talk about your child?
All questions, no answers.

Dear AQNA,

I'll focus on the jungle gym question since I still play on them. First priority is safety. I'd suggest a har-

ness. Or maybe those leashes that make kids look like dangerous pets with rabies.

If this fails, you should be a sprint away from karate chopping a potential kidnapper, or resuscitating your child in the event of marble indigestion. While keeping a watchful eye, approach your prey from the side. No one likes people creeping up on them from behind. Crack some lame joke about parenthood. If he/she is decent, he won't laugh.

You'll chat about things like the quality of the sand in the sandbox, at which

point your target should mention something about his partner, and since you've kept it neutral, no one is embarrassed. Now you can make a graceful exit or network. After all, other parents can be a great source of play dates and even match you up with their hot, single and kid-friendly neighbour.

Andrea

Dear AQNA,

When we're around other single parents, it's because we're with our own children, so the best you can do is hope that your

kids will either play together or attack each other so that both parents have to intervene, and POOF! Cupid will strike. Except that only happens in movies.

Here's what not to do (I know because I've done it).

1. Don't limit yourself. There are non-parents out there who can care about your child almost as much as you do, simply because he/she is yours (although many single men suffer from what I call the "National Geographic effect" and react like animals in the wild, who would rather eat another male's child

than feed it). But they exist — they're like the truffles of the romantic world, a rare delicacy.

2. If you date a non-parent (Muggle?), let them know you have a child, but not in a defensive, "I eat bullets for breakfast" tone. Just remember that unless you want to talk about your date's job/pet/family all night, you shouldn't bore them with burp stories.

Claire

TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.



Names:
Julien, 20, and Ashley, 21
Hometown:
Toronto
Together since:
2007

I (Ashley) met Julien in Fredericton where we were both living at the time. I actually met him through a friend who had recently ended a short relationship with him (they decided it would be best to just be friends).

LITERALLY LOVE AT FIRST SIGHT

At the time, I was looking for a photographer to do some headshots, and my friend suggested Julien.

I loved his work and immediately set a date for the shoot. That day, I met him outside of a '50s diner, and it literally felt like love at first sight, as cheesy as that sounds! My friend (a.k.a. his ex) joined us for the photo

shoot, and Julien and I kept flirting when she wasn't looking. But later that night, my friend admitted she still had feelings for him. I felt terrible!

But the more all three of us hung out together, the more she saw that he really liked me — and she realized she didn't like him "like that" anymore. One

night, Julien and I chatted till 4 a.m., talking in a sort of code about how we really liked one other. But he finally asked me straight out if I would be his girlfriend. I said yes and we've been together ever since!

WE WANT TO KNOW HOW YOU MET! GO TO 2FORCOUPLES.COM NOW TO SUBMIT YOUR LOVE STORY

WHAT ARE YOUR TOP 10 THINGS TO DO IN THE DARK?
Take the Metro Life Panel survey March 18!

With Earth Hour coming up, the Metro Life Panel team wants to know what are YOUR Top 10 things to do in the dark!

Results will be published in the Earth Hour Special Feature in Metro on March 25.

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metro life panel

Legislative Assembly of Ontario

Assemblée législative de l'Ontario

**Bill 140,
Strong Communities through
Affordable Housing Act, 2011**

**Projet de loi 140,
Loi de 2011 favorisant des collectivités
fortes grâce au logement abordable**

The Standing Committee on Justice Policy will meet to consider **Bill 140, An Act to enact the Housing Services Act, 2010, repeal the Social Housing Reform Act, 2000 and make complementary and other amendments to other Acts.**

The Committee intends to hold public hearings in Toronto on Thursday, March 24 and Thursday, March 31, 2011.

Interested people who wish to be considered to make an oral presentation on **Bill 140** should contact the Committee Clerk by **5:00 p.m. on Tuesday, March 22, 2011.**

Those who do not wish to make an oral presentation but wish to comment on the Bill may send written submissions to the Committee Clerk at the address below by **5:00 p.m. on Thursday, March 31, 2011.**

An electronic version of the Bill is available on the Legislative Assembly website at: www.ontla.on.ca.

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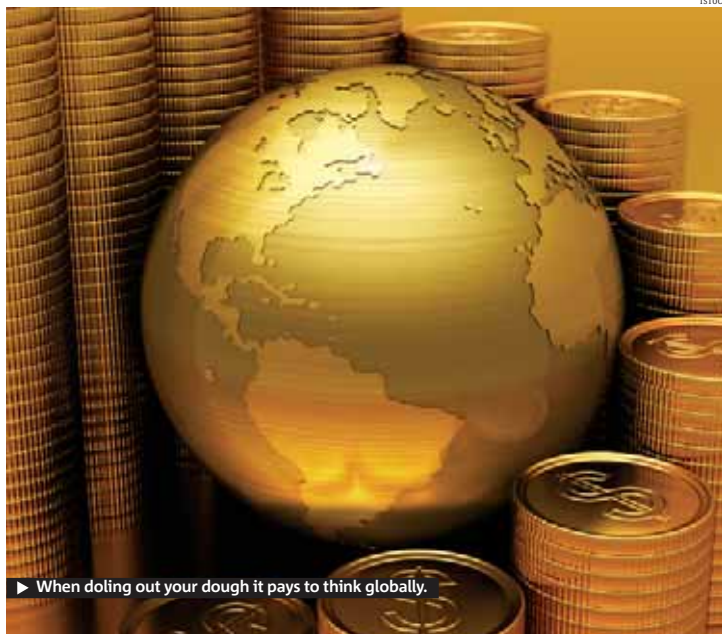
Perhaps you'd like to participate in the economic juggernaut of China.

You might also be feeling the siren call of India and the hard charging South Korea. And what about Latin America, which may be the next stock market big thing?

The problem investors face is wading through tens of thousands of stocks, ETFs and mutual funds in order to pick investments in those far flung places.

There is a better way. Take advantage of the strong loonie and don't stray from the United States.

Think of it as investing the way Arnold Swartzenegger went on holiday in the movie Total Recall. He plugged into a machine that transported him around the galaxy. You can do more or less



► When doling out your dough it pays to think globally.

the same thing with your investments.

Here's an interesting stat: Over 40 per cent of the revenue generated by companies in the S&P 500 Index comes from outside the United States.

According to RBC analyst Rajan Bansi, YUM, which operates the KFC brand in China, gleans roughly one-third of its revenues from that country alone.

Bansi also points out that McDonald's, long a global presence, earns over 50 per cent of its revenues outside the United States and Coke clocks in

Alison's Money Rule: You can invest globally without leaving North America.

at 70 per cent.

You don't need to focus just on food and drink to get global exposure with U.S. companies.

Colgate-Palmolive, that staple of conservative investors, generates over 50 per cent of its revenues in countries other than the U.S.

An advantage to global

investing through North America is that most of the large companies doing business around the globe also pay good dividends, which have proven to be quite stable over time.

Here's another benefit to investing globally this way. If you have concerns that the U.S. is still a long way from any kind of sustained recovery, companies with a large percentage of revenues generated elsewhere will be less vulnerable to any continued flatness or further decline in our southern neighbour's fortunes.

Fun and Frugal

LESLEY SCORGIE
MONEY@METRONEWS.CA



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Tuition and education credits must first be applied to your tax return to reduce tax payable to zero before transferring anything in excess to a parent, grandparent or spouse. You can transfer up to \$5,000 per year in credits. Anything extra is carried forward and cannot be transferred.

Full time students benefit from a Textbook Tax Credit of up to \$65 per month and \$20 per month for part-time students. Sadly this credit is not linked to the number or cost of textbooks purchased, which can cost thousands annually.

If you take public transit to campus, you can claim the Transit Tax Credit. But, ensure you

keep your passes and receipts so that you can back up your claim. If you move more than 40 kilometers for a summer job, you can claim moving expenses against your employment income. Deductible expenses include travel, transportation, storage and the cost of meals and temporary accommodation.

Even if you have zero income, you should file a 2010 tax return, which allows you to collect the GST/HST credit.

Once you've completed school, those dreaded student loans also have tax advantages. The interest on federal and provincial student loans is deductible. But loans or credit lines outside of the government student loan programs are not deductible.

You can hire an accountant or tax expert to help prepare your return. Or, take advantage of free or low-cost on-campus tax services. As part of course training, many accounting students are given the opportunity to prepare tax returns under the supervision of a professor for other students on campus.

Visit the Service Canada website for more information at servicecanada.gc.ca.

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Woes for women with homework

- ▶ Taking lots of work calls and emails in the home?
- ▶ Women more likely to feel guilty about it, study says

Women are more likely than men to have feelings of guilt and distress if they're contacted frequently by colleagues and clients outside the workplace, a study suggests.

The finding comes from research by University of Toronto sociology professor Scott Schieman and colleagues, published in the March issue of the Journal of Health and Social Behavior. They analyzed data from the Work, Stress, and Health Survey, and interviewed 1,800 American adults in 2005 and second interviews with most of them again in 2007.

The researchers wanted to look at work-related contact partly because of advances in technology, including cellphones, BlackBerrys and emails.

"We took a random rep-

"I think we need to step back and say, 'What are the consequences of that for people's emotional and physical well-being.'"

PROF. SCOTT SCHIEMAN, ON BEING ABLE TO BE CONTACTED 24-7

resentative sample of workers, or tried to get it as representative as possible, and we asked them about 30 to 40 minutes worth of questions about all kinds of things related to work and family, and then we also asked a series of questions about emotions and health," Schieman said in an interview, noting that his subjects are American because he proposed the study and applied for U.S.

funding for it before arriving in Toronto in 2004.

"We found that there was an association between receiving work-related contact and guilt for women. We didn't find that association for men. And then we also found it for distress as well."

Distress was measured by questions relating to malaise, such as feeling tired and rundown, feeling like everything was an effort and having difficulty focusing on the task at hand.

"Our study provides a snapshot view into what people might think is a form of flexibility, through these technologies," Schieman said. "I think we need to step back and say, 'What are the consequences of that for people's emotional and physical well-being?'"

THE CANADIAN PRESS



Shop 'Til You Drop...Your Rate

More Quotes = More Savings On Car Insurance

Do You Love Shopping Around For The Best Deal?

If you're like most people, you'll often spend hours doing research, checking flyers, looking for specials, and running from one store to another to make sure you get the best possible price on everyday items such as; clothes, electronics, furniture, and even groceries. Nothing beats the thrill of knowing you paid less for something by shopping at one place instead of the other, right? It all adds up – the time you invest and knowing where to go to get the best deals could end up saving you a bundle in the long run.

When Was The Last Time You Shopped for Car Insurance?

Sadly, even the smartest shoppers often don't spend nearly the same amount of time and energy shopping for car insurance as they do for other items. After all, car insurance can be confusing, it never goes "on sale" (it only seems to get more expensive), it isn't much "fun" to buy, and it seems like no one place always has the best prices. But what if one place compared the rates from over 30 insurance companies? And what if it would only take about 10 minutes? And what if you could end up saving hundreds, or even thousands of dollars? This is where InsuranceHotline.com can help by providing a free unbiased rate comparison service for your driving profile that can connect you with the lowest rate available through our large network of licensed brokers and agents.

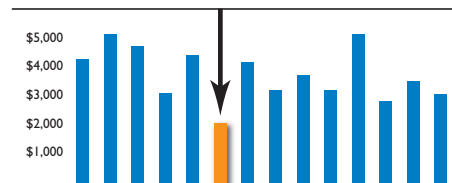
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Rate Comparison

Driving Record	Lowest Price	Highest Price	Savings
Clean Record	\$958	\$2,213	\$1,255
1 Ticket	\$1,018	\$2,552	\$1,534
1 Accident	\$1,849	\$3,753	\$1,904

InsuranceHotline.com finds this rate for drivers – for FREE!



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ALASTAIR GRANT/THE ASSOCIATED PRESS

Robots to the rescue

► Researchers using robots to help children with autism become more comfortable with human interaction



► Ronnie Arloff smiles as he reacts to Kaspar the robot as he takes part in a research project with Dr. Ben Robbins, seen in back.

Eden Sawczenko used to recoil when other little girls held her hand and turned stiff when they hugged her. This year, the four-year-old autistic girl began playing with a robot that teaches about emotions and physical contact — and now she hugs everyone.

"She's a lot more affectionate with her friends now and will even initiate the embrace," said Claire Sawczenko, Eden's mother.

The girl attends a preschool for autistic children in Stevenage, north of London, where researchers bring in a human-looking, child-sized robot once a week for a supervised ses-

sion. The children, whose autism ranges from mild to severe, play with the robot for up to 10 minutes alongside a scientist who controls the robot with a remote control.

The robot, named Kaspar, is programmed to do things like smile, frown, laugh, blink and wave his arms. He has shaggy black hair, a baseball cap, a few wires protruding from his neck, and striped red socks. He was built by scientists at the University of Hertfordshire at a cost of about 1,300 pounds (\$2,031).

There are several versions of Kaspar, including one advanced enough to

play Nintendo Wii. The robot's still in the experimental stage, and researchers hope he could be mass-produced one day for a few hundred dollars.

"Children with autism don't react well to people because they don't understand facial expressions," said Ben Robbins, a senior research fellow in computer science at the University of Hertfordshire, who specializes in working with autistic children.

"Robots are much safer for them because there's less for them to interpret and they are very predictable."

There are similar projects in Canada, Japan and

the U.S., but the British one is the most advanced, according to other European robot researchers not connected with the project.

Scientists at the University of Hertfordshire first began using a version of Kaspar in 2005. The newest model is covered in silicone patches that feel like skin to help children become more comfortable with touching people.

So far, almost 300 kids in Britain with autism, a disorder that affects development of social interaction and communication, have played with a Kaspar robot as part of scientific research. **THE ASSOCIATED PRESS**

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Playoff hopes take a blow

► Ritola scores twice, Roloson makes 30 saves as Lightning beat fading Leafs 6-2 ► Reimer replaced after allowing five goals on 29 shots

DARREN CALABRESE/THE CANADIAN PRESS



► Vincent Lecavalier, centre, and Steven Stamkos battle for the puck with Leafs, from left, Keith Aulie, Colby Armstrong and Joey Crabb.

Crosby back on ice for light skate

Penguins centre Sidney Crosby returned to the ice yesterday for the first time since missing 29 games with a concussion. But if you're looking for the Pittsburgh captain's return date, it's still anyone's guess.

"I have no clue," Crosby said. "I just want to get better. This is part of the way to do that. I'm just kind of taking that step and seeing how it goes."

Crosby, who last played Jan. 5 in an 8-1 win over Tampa Bay, practised in full gear for about 15 minutes at the Consol Energy Center. It was a light workout with a skating drill around some cones, and a few shots on net.

"I've had some good days here the last few, and I was able to get on a bike and exercise a bit. I didn't have any symptoms doing that," he said. "I was given the opportunity to skate, the doctors said I could give it a try and see how I feel."

The Penguins, without Crosby and injured forward Evgeni Malkin (knee), have stayed afloat in the Eastern Conference playoff race. They sit just three behind first-place Philadelphia.

Crosby also weighed in on the general managers meeting underway in Florida.

The GMs, under pressure to address headshots in the league, announced a new protocol yesterday ensuring every player showing symptoms of a concussion must go to the dressing room and be examined by a doctor.

"There's obviously got to be some clarity," Crosby said.

"Everything's got to be looked at. It's a pretty far game. There may be times when guys maybe don't (aim) for the head but come into contact with the head. What do you do in that situation?"

THE ASSOCIATED PRESS

Quoted



"This isn't a thing about competition, it's about growing the sport. It's a good day for the fans, a great day for the fans."

UFC PRESIDENT DANA WHITE, ON THE UFC'S PURCHASE OF RIVAL PROMOTER STRIKEFORCE, WHICH WAS ANNOUNCED YESTERDAY. STRIKEFORCE, THE NO. 2 MMA PROMOTER IN NORTH AMERICA, IS HOME TO SUCH FIGHTERS AS FEDOR EMELIANENKO, NICK DIAZ AND DAN HENDERSON.

An unlikely source and an old nemesis put a serious dent in the Toronto Maple Leafs' post-season push.

Mattias Ritola scored twice and Dwayne Roloson made 30 saves yesterday as the Tampa Bay Lightning defeated Toronto 6-2 to keep the Leafs six points back of the final playoff spot in the Eastern Conference.

Nate Thompson, with a goal and an assist, Vincent Lecavalier, former Leaf Dominic Moore and Mike Lundin also scored for Tampa Bay (39-22-9). Teddy Purcell picked up three assists while Martin St. Louis and

6	2
LIGHTNING	LEAFS

Brett Clark added two each.

Dion Phaneuf and Nikolai Kulemin replied for Toronto (30-30-10).

Ritola, a fourth-round pick of Detroit in 2005, doubled his goal total on the season with two quick strikes three minutes apart in the second period to give Tampa Bay a 3-1 lead.

Ritola banged a rebound

out of the air at 9:25 before snapping a quick shot past Leafs starter James Reimer at 12:34. A healthy scratch two games ago, Ritola now has four goals on the season.

After the Leafs cut the deficit to 3-2 at 14:37 of the second period, Tampa Bay restored its two-goal advantage. Reimer got a piece of a Simon Gagne shot, but Lecavalier pushed the puck over the goal-line to deflate the Air Canada Centre crowd.

The Leafs trailed 4-2 entering the third and had a few chances to get closer, but Tampa Bay put it out of

reach when St. Louis threw the puck in front and Moore banged it past Reimer. That ended the rough night for the rookie netminder, who was replaced by J.S. Giguere after allowing five goals on 29 shots.

The 41-year-old Roloson is 3-0-0 against the Leafs this season and holds an impressive 6-1-0 record versus Toronto since the 2008-09 campaign.

The Buffalo Sabres and New York Rangers sit tied for seventh in the East, four points up on ninth-place Carolina and six up on the Leafs. **THE CANADIAN PRESS**

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Bettman tackles concussions

► NHL boss unveils plan to address issue that has roiled league

Gary Bettman fired a preemptive strike on the opening day of meetings for NHL general managers, announcing a five-point plan to try to deal with the rise of concussions.

It was an unprecedented move for the commissioner at a time when his league is under pressure to act on the hot-button issue. The GMs have gathered in Florida to examine concussions for three days before deciding if they want to propose a rule change, but Bettman wasn't content to wait.

"There are a series of steps that we have been working on from a league perspective to address the issue of player safety," he said yesterday.

THE CANADIAN PRESS

In the plan

- Players displaying symptoms will be given a baseline test by a doctor in a quiet location before returning to the ice.
- Fines will be issued against teams and coaches with players who rack up a high number of suspensions.
- Safety engineers will ensure all NHL arenas conform to standards, including the elimination of seamless glass by next season.
- League executive Brendan Shanahan will work with the NHLPA to expedite equipment modifications.
- A special committee will look at the concussion issue.

Olympic Countdown



► The London 2012 Olympic Games countdown clock is unveiled yesterday.

THE ASSOCIATED PRESS

500 days till summer Games

Olympic organizers unveiled a countdown clock yesterday in London's Trafalgar Square to mark 500 days until the 2012 Games.

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EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
Philadelphia	68	42	19	4	3	219	182	91	21-20-2-2	21-9-2-1	4-4-2-0	L1
Washington	70	40	20	5	5	189	171	90	22-8-2-5	18-12-3-0	9-1-0-0	W8
D-Boston	68	38	21	4	5	205	164	85	16-12-3-2	22-9-1-3	6-3-1-0	L4
Pittsburgh	70	40	22	5	3	201	171	88	22-12-2-0	18-10-3-3	4-3-3-0	W1
Tampa Bay	70	39	22	4	5	210	211	87	22-9-1-4	17-13-3-1	4-4-1-1	W1
Montreal	69	38	24	4	3	184	172	83	21-8-3-3	17-16-1-0	7-3-0-0	W1
Buffalo	69	34	27	7	1	203	201	76	15-15-2-1	19-12-5-0	6-2-1-1	W1
NY Rangers	70	36	30	2	2	198	171	76	15-17-1-2	21-13-1-0	5-5-0-0	W1
Carolina	69	31	28	5	5	196	209	72	18-11-2-2	13-17-3-3	3-5-1-1	L4
Atlanta	69	29	28	5	7	194	222	70	14-14-2-5	15-14-3-2	4-4-1-1	W1
Toronto	70	30	30	5	5	184	218	70	16-14-3-4	14-16-2-1	4-3-2-1	L3
New Jersey	68	32	32	3	1	146	174	68	16-14-2-1	16-18-0-1	8-2-0-0	W2
Florida	69	28	32	5	4	173	191	65	14-14-5-3	14-18-0-1	3-5-2-0	W1
NY Islanders	70	27	32	6	5	194	220	65	16-15-1-4	11-17-5-1	4-2-3-1	L1
Ottawa	69	25	35	5	4	157	215	59	11-18-2-3	14-17-3-1	6-4-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
Vancouver	70	45	16	4	5	229	165	99	23-7-1-4	22-9-3-1	7-3-0-0	W5
Detroit	69	41	20	5	3	227	199	90	18-11-3-2	23-9-2-1	4-4-1-1	W2
San Jose	69	39	22	4	4	194	177	86	18-11-2-3	21-11-2-1	6-2-0-0	L2
Los Angeles	69	39	25	3	2	192	168	83	20-11-2-0	19-14-1-2	7-2-1-0	W3
Phoenix	70	36	23	7	4	202	200	83	17-14-4-2	19-13-3-2	4-4-1-1	W2
Chicago	69	37	24	5	5	184	218	80	21-14-0-4	16-10-4-4	7-1-1-1	L3
Dallas	69	37	24	3	5	193	193	82	19-10-4-2	18-14-1-1	5-3-2-0	L1
Calgary	71	36	26	3	6	214	203	81	21-11-1-3	15-15-2-3	5-4-0-1	L2
Nashville	69	35	24	6	4	177	161	80	17-7-4-3	18-18-1-1	4-4-1-1	W2
Anaheim	69	37	27	3	2	195	202	79	21-12-1-1	16-15-2-1	5-4-1-0	L1
Minnesota	69	35	27	2	5	176	184	77	17-13-1-3	18-14-1-2	4-5-1-0	L2
Columbus	68	32	27	4	5	188	206	73	16-14-1-2	16-13-3-3	3-4-1-2	W1
St. Louis	69	30	34	4	5	193	207	71	20-12-1-3	11-17-3-2	4-6-0-0	L1
Colorado	68	26	34	7	1	191	239	60	14-17-4-0	12-17-3-1	1-8-0-1	L8
Edmonton	70	23	38	2	7	172	231	55	12-19-1-3	11-19-2-3	4-5-1-0	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results

Tampa Bay 6 Toronto 2
San Jose at Chicago
Minnesota at Vancouver

Sunday's results

Buffalo 4 Ottawa 4
Pittsburgh 5 Edmonton 1
Phoenix 5 Anaheim 2
Los Angeles 3 Dallas 2
Washington 4 Chicago 3 (OT)

Tonight's games

Atlanta at New Jersey 7 p.m.
N.Y. Islanders at N.Y. Rangers 7 p.m.

Boston at Columbus, 7 p.m.
Washington at Montreal, 7 p.m.
Pittsburgh at Ottawa, 7:30 p.m.
Philadelphia at Florida, 7:30 p.m.
Carolina at Buffalo, 7:30 p.m.
Los Angeles at Nashville, 8 p.m.
San Jose at Dallas, 8:30 p.m.
Phoenix at Calgary, 9:30 p.m.
Tomorrow's games
Toronto at Carolina, 7 p.m.
Washington at Detroit, 7 p.m.
Colorado at Vancouver, 10 p.m.
St. Louis at Anaheim, 10 p.m.

stick) 16:37, Martin Pgh (cross-checking) 16:51.

Second Period

2. Pittsburgh, Talbot 8 (Dupuis, Lovejoy) 6:27
3. Pittsburgh, Staal 8 (Kennedy, Cooke) 18:56
Penalties — Kunitz Pgh (slashing) 8:09, Vandermeer Edm (cross-checking) 11:43, Strudwick Edm (interference) 16:44.

Third Period

4. Edmonton, Jones 16 (Cogliano, Giroux) 1:11
5. Pittsburgh, Michalek 2 (Adams, Talbot) 7:52
6. Pittsburgh, Kunitz 20 (Neal, Kennedy) 16:11 (pp)
Penalties — Petry Edm (tripping) 4:48, Fleury Pgh (delay of game; served by Rupp) 13:14, Brule Edm (charging) 14:56.

Shots

Edmonton 2 11 16 —29
Pittsburgh 13 10 10 —33

Goal — Edmonton: Dubnyk (L10-11-7); Pittsburgh: Fleury (W31-17-5). **Power plays (goals-chances)** — Edmonton: 0-4; Pittsburgh: 1-6.

Referees — Mike Leggo, Brad Watson.
Linesmen — Michel Cormier, Derek Nansen.
Att. — 18,197 (18,087) at Pittsburgh.

SABRES 6, SENATORS 4

First Period

1. Buffalo, Ennis 16 (Connolly, Sekera) 5:40
2. Ottawa, Spezza 14 (Karsson, Gorton) 8:52 (pp)
3. Buffalo, Gault 25 (Gustafson, Weber) 12:26
4. Ottawa, Greening 2 (Winchester, Spezza) 18:16
Penalties — C.Buttler Buf (interference) 8:36, Sekera Buf (charging) 19:41, Karsson Ott (diving, unsportsmanlike conduct), C.Buttler Buf (hooking) 19:56.

Second Period

5. Buffalo, Ennis 17 (Connolly, Weber) 1:37
6. Buffalo, Gustafson 10 (Mancari, Vanek) 2:10
7. Ottawa, Spezza 15, 9:39
8. Buffalo, Gerbe 9 (Weber, Pominville) 14:34

Penalties — Hecht Buf (hooking) 17:42, C.Buttler Buf (cross-checking) 18:52.

Third Period

9. Buffalo, Boyes 16 (Pominville, Sekera) 8:16
10. Ottawa, Karsson 12 (Spezza) 19:15
Penalty — Kuba Ott (hooking) 6:16.

Shots

Ottawa 16 13 9 —38
Buffalo 13 11 9 —33

Goal (shots-saves) — Ottawa: Anderson (17-13), McElhinney (L7-10-1)(X2:10 second)(16-14); Buffalo: Enroth (W5-5-2-1). **Power plays (goals-chances)** — Ottawa: 1-4; Buffalo: 0-2.

Referees — Paul Devorski, Marcus Vinnerborg.

Linesmen — Brad Kovachik, Greg Devorski.

Att. — 18,690 (18,690) at Buffalo.

SCORING LEADERS

	G	A	PT
D.Sedin, Vcr	37	52	89
Stamkos, TB	43	41	84
H.Sedin, Vcr	16	67	83
St.Louis, TB	26	55	81
Perry, Ana	36	39	75
Ovechkin, Wash	28	45	73
Kopitar, LA	24	46	70
Toews, Chi	29	40	69
Zetterberg, Det	18	51	69
Inglis, Cal	30	37	67
Crosby, Pgh	32	34	66
B.Richards, Dal	25	40	65
Sharp, Chi	34	30	64
C.Giroux, Phi	22	42	64
E.Staal, Car	29	34	63
Kesler, Vcr	34	28	62
Selanne, Ana	21	41	62

Ryan, Ana	32	28	60
Nash, Buf	29	31	60
Vanek, Buf	25	35	60
P.Kane, Chi	23	37	60
Havlat, Minn	21	38	59
Ribeiro, Dal	15	44	59
J.Carter, Phi	30	28	58
M.Richards, Phi	19	39	58
Tavares, NYI	22	35	57
J.Williams, LA	22	35	57
Getzlaf, Ana	17	40	57
Datsyuk, Det	22	34	56
Heatley, SJ	22	34	56
J.Thornton, SJ	16	40	56
Vishnovsky, Ana	14	42	56
Yandle, Phi	10	46	56
Briere, Phi	29	26	55
Tanguay, Cal	18	37	55
Backstrom, Wash	17	38	55
Lidstrom, Det	14	41	55
Krejci, Bos	10	44	54
Grabovski, Tor	27	26	53
Ladd, Atl	26	27	53
Clove, SJ	22	31	53
Plekhanov, Mtl	21	32	53
Lucic, Bos	29	23	52
Kessel, Tor	28	24	52
Marleau, SJ	27	25	52
MacArthur, Tor	20	32	52
P.Stastny, Col	20	32	52
Backes, STL	25	26	51
Duchene, Col	21	30	51

Last night's games not included

LACROSSE

NLL

EAST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Toronto	11	9	2	.818	132	101	—
Buffalo	10	7	3	.700	110	93	1/2
Boston	11	6	5	.545	117	102	3
Rochester	10	5	5	.500	99	107	3 1/2
Philadelphia	11	4	7	.364	99	125	5

WEST DIVISION

	GP	W	L	Pct.	GF	GA	GB
Calgary	10	7	3	.700	121	109	—
Minnesota	9	5	4	.556	102	98	1/2
Washington	11	5	6	.455	146	135	2 1/2
Edmonton	10	2	8	.200	103	128	5
Colorado	9	1	8	.111	80	105	5 1/2

Sunday's result

Calgary 17 Washington 13

WEEK 11

Saturday's game

All times Eastern

Edmonton at Calgary, 9:30 p.m.

MLB

SPRING TRAINING

AMERICAN LEAGUE

	W	L	Pct
Seattle	10	4	.714
Detroit	13	7	.650
Kansas City	10	6	.625
Texas	9	7	.563
Baltimore	8	7	.533
Minnesota	9	8	.529
Boston	9	8	.529
Toronto	8	8	.500
Los Angeles	8	10	.444
Oakland	7	10	.412
Tampa Bay	6	9	.400
Cleveland	6	9	.400
Chicago	6	10	.375
New York	6	10	.375

NATIONAL LEAGUE

	W	L	Pct
San Francisco	14	5	.737
Atlanta	11	5	.688
Colorado	12	6	.667
Milwaukee	11	6	.647
Philadelphia	12	7	.632
Washington	10	6	.625
Cincinnati	10	7	.588
St. Louis	8	7	.533
San Diego	8	8	.500
New York	8	9	.471
Chicago	8	11	.421
Pittsburgh	8	11	.421
Florida	5	11	.313
Houston	6	14	.300
Arizona	5	15	.250
Los Angeles	5	15	.250

NOTE: Split-squad games count in the standings; games against non-major league teams do not.

Yesterday's results

Texas 5 L.A. Dodgers 4
San Diego 7 Chicago White Sox 6
Minnesota 9, Florida 0
Baltimore 8, Pittsburgh 2
St. Louis 1, Atlanta 1, tie, 10 innings
Philadelphia 7, Houston 6
Colorado 3 Cincinnati 2
Seattle 5 Chicago Cubs 3
Milwaukee 12 San Francisco 8
Detroit 4, Washington 2
Cleveland 9 Oakland 8
N.Y. Yankees vs. Boston

Today's games

All times Eastern
Houston vs. Baltimore at Sarasota, Fla., 1:05 p.m.
Boston vs. Detroit at Lakeland, Fla., 1:05 p.m.
Philadelphia vs. Toronto at Dunedin, Fla., 1:05 p.m.
Florida vs. Tampa Bay at Port Charlotte, Fla., 1:05 p.m.
Atlanta vs. St. Louis at Jupiter, Fla., 1:05 p.m.
Colorado vs. Chicago Cubs (ss) at Mesa, Ariz., 4:05 p.m.
Chicago Cubs (ss) vs. Oakland (ss) at Phoenix, 4:05 p.m.
Oakland (ss) vs. K.C. at Surprise, Ariz., 4:05 p.m.
L.A. Angels vs. San Diego at Peoria, Ariz., 4:05 p.m.
Texas vs. L.A. Dodgers at Glendale, Ariz., 4:05 p.m.
Vash. vs. NYM at Port St. Lucie, Fla., 7:10 p.m.
San Fran. vs. Arizona at Scottsdale, Ariz., 9:40 p.m.

CYCLING

TIRRENO-ADRIATICO

At Macerata, Italy

Sixth stage

1. Cadel Evans, Australia, BMC, four hours 37 minutes 50 seconds; 2. Giovanni Visconti, Italy, Farnese Vini, same time; 3. Michele Scarponi, Italy, Lampre, s.t.; 4. Vincenzo Nibali, Italy, Liquigas, s.t.; 5. Ivan Basso, Italy, Liquigas, s.t.; 6. Wouter Poels, Netherlands, Vacansoleil, s.t.; 7. Stefano Gazdelli, Italy, Acqua & Sapone, s.t.; 8. Robert Gesink, Netherlands, Omega Pharma-Lotto, s.t.; 10. Tiago Machado, Portugal, Radioshack, s.t.

Overall standings

(after six of seven stages)
1. Cadel Evans, Australia, BMC, 27 hours 26 minutes 33 seconds; 2. Michele Scarponi, Italy, Lampre, nine seconds behind; 3. Ivan Basso, Italy, Liquigas, 0:12; 4. Robert Gesink, Netherlands, Rabobank, 0:15; 5. Vincenzo Nibali, Italy, Liquigas, 0:21

NBA

EASTERN CONFERENCE

	W	L	Pct	GB
x-Boston	47	18	.723	—
y-Chicago	47	18	.723	—
x-Miami	45	21	.682	2 1/2
Orlando	42	25	.627	6
Atlanta	38	28	.576	9 1/2
New York	34	31	.523	13
Philadelphia	34	32	.515	13 1/2
Indiana	28	38	.424	19 1/2
Charlotte	28	38	.424	19 1/2
Milwaukee	26	39	.400	21
Detroit	23	44	.343	25
New Jersey	22	43	.338	25
Toronto	18	48	.273	29 1/2
Washington	16	49	.246	31
Cleveland	12	53	.185	35

WESTERN CONFERENCE

	W	L	Pct	GB
x-San Antonio	54	12	.818	
Dallas	47	19	.712	7
d-L.A. Lakers	47	20	.701	7½
d-Oklahoma City	43	23	.652	11
Denver	39	27	.591	15
New Orleans	39	29	.574	16
Portland	37	29	.561	17
Memphis	36	31	.537	18½
Phoenix	33	31	.516	20
Utah	34	33	.507	20½
Houston	33	34	.493	21½
Golden State	30	36	.455	24
L.A. Clippers	26	41	.388	29½
Minnesota	17	51	.250	38
Sacramento	15	49	.234	38

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News worth sharing.

Miscellaneous

Miscellaneous

Miscellaneous

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•Toblerone
•Laundry/Bath soaps
•Gillette men's and ladies razors/blades

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•L'Oreal products
•Others
•Deodorants
•Lindt Chocolates
•Hair Dryers

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Friday, March 18, 2011 10:00am to 8:00pm
Saturday, March 19, 2011 9:00am to 6:00pm
Sunday, March 20, 2011 10:00am to 5:00pm

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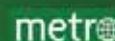


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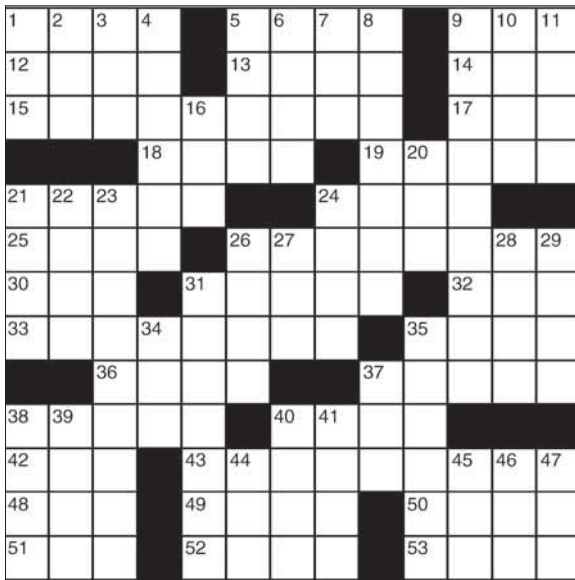
Crossword

Across

1 Mideast gulf
5 Coasted
9 — Na Na
12 Son of Jacob and Leah
13 Top-rated
14 Glutton
15 2010 ballet movie
17 "— Town"
18 Smooch
19 "Turandot," e.g.
21 Wan
24 Impale
25 String instrument
26 Urged
30 Mess up
31 19-Across solos
32 Atmosphere
33 Fidgety
35 Farm fraction
36 Historic times
37 Distorted
38 "— on a true story"
40 Johann Sebastian
42 "Yecch!"
43 Topic that's over and done with
48 Pair
49 Grooving on
50 Autumn tool
51 Witness
52 Untouchable Eliot
53 Kuwaiti leader

Down

1 Priestly vestment
2 Atl. state
3 Gabor or Peron
4 Jefferson's on it
5 Lip
6 Depressions
7 — pickle
8 Means
9 One who gives you a shine
10 Day portion
11 Taj Mahal city
16 Relatives
20 Chum
21 State
22 Beget
23 Good luck symbol
24 Hot tubs
26 Enrages
27 Wrong (Pref.)
28 Limerick's land
29 Sketched



Weekend's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Weekend's answer

1	5	6	2	7	9	4	8	3
7	8	4	5	1	3	2	9	6
3	2	9	8	4	6	5	7	1
8	6	1	4	3	7	9	5	2
4	9	7	1	2	5	6	3	8
5	3	2	6	9	8	7	1	4
6	7	5	3	8	2	1	4	9
2	1	8	9	5	4	3	6	7
9	4	3	7	6	1	8	2	5

Send a KISS

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Honeybun, in anytime and in any date, here for you my Valentine today and the rest of the year too. Happy Not-Valentine Day babe. Love you much.

YOUR COCONUT (THE ORIGINAL 1)

Michelle M. I do love you. I think of you every day. TIM

Honey! Over the past year and a half, we have grown so close and I cant imagine being with anyone else. I Love you with my whole heart. And I love being A Squared KISS KISS

Mr. Mikhailovski; Morals and Responsibility. Loyalty and Family ties. Honour and Betrayal - You have showed me valuable life lessons and for this I love You. MISS YAPP

Today's horoscope

♈ Aries March 21-April 20 Take life as it comes today, and leave yourself plenty of time for social activities. Friends will pop by when you least expect them, so don't tie yourself down to too many things.

♉ Taurus April 21-May 21 With Venus, your ruler, aspecting career planet Saturn, you will be assertive today. You know what you want, you know how to get it and you won't let anything stand in your way.

♊ Gemini May 22-June 21 If you are the kind of Gemini who thinks about the meaning of life, you will discover something of interest over the next 24 hours. It may sound a bit wacky but don't dismiss it out of hand. There's wisdom there.

♋ Cancer June 22-July 22 Anxieties you thought you had dealt with will return in unexpected ways today and tomorrow. If you face up to them honestly, you'll find out why they have reappeared. Then they'll be gone for good.

♌ Leo July 23-Aug. 23 You'll be faced with more than one situation today that challenges you to think about the way you deal with people with whom you live and work. What you need to learn is that compromise is a necessity.

♍ Virgo Aug. 24-Sept. 22 Cosmic activity in the area of your chart that governs your work and your wellbeing will make it easy for you to adapt to rapidly changing situations.

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♎ Libra Sept. 23-Oct. 23 Venus, your ruler, makes an excellent aspect to Saturn in your sign today, and while it may not be true to say that anything is possible, most things undoubtedly will be. Be selective in your ambitions.

♏ Scorpio Oct. 24-Nov. 22 The most important thing today is that you resolve any differences of opinion you have with loved ones. You may disagree on minor issues but overall you are still on the same wavelength.

♐ Sagittarius Nov. 23-Dec. 21 Travel is on your mind and even if you can't get away right now, you'll be making plans for summer. Make plans for loved ones, too.

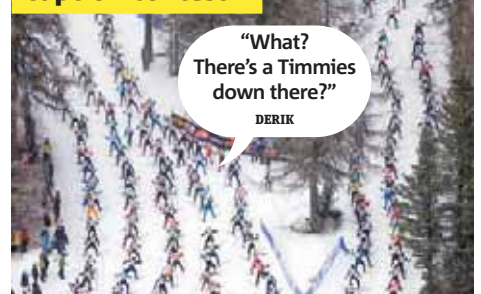
♑ Capricorn Dec. 22-Jan. 20 You have started many new things recently, but you need to decide which of your projects is worth continuing. The more focused your energy, the more successful you will be.

♒ Aquarius Jan. 21-Feb. 18 Venus in your sign makes a perfect angle to Saturn, planet of stability, today. One particular relationship is about to become more meaningful to you. Stop denying you were made for each other.

♓ Pisces Feb. 19-March 20 Your imagination will get the better of you today, and that's not a bad thing. You do some of your best work when you shut out the "real" world.

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Departure tax: 25 CUC cash, paid locally

CUBA | Varadero
Allegro Varadero **PRIVILEGES**
All-Inclusive • Superior rm. • Mar. 26 & 27 • 1 wk.

\$889

Add taxes & other fees: \$160
Departure tax: 25 CUC cash, paid locally

ARUBA
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\$899

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ANTIGUA
Jolly Beach Resort & Spa **PRIVILEGES**
All-Inclusive • Supersaver rm. • Mar. 31 • 1 wk.

\$1039

Add taxes & other fees: \$198

COSTA RICA | Liberia
Occidental Grand Papagayo **PRIVILEGES**
All-Inclusive • Deluxe rm. • Mar. 24, 27 & 31 • 1 wk.

\$1099

Add taxes & other fees: \$87
Departure tax: 26 USD cash, paid locally • Add \$50 for Sun. departures

DOMINICAN REPUBLIC | La Romana
Gran Bahia Principe La Romana **PRIVILEGES**
All-Inclusive • Junior suite • Mar. 19 • 1 wk.

\$899

Add taxes & other fees: \$184

DOMINICAN REPUBLIC | Punta Cana
Occidental Grand Punta Cana **PRIVILEGES**
All-Inclusive • Junior suite • Apr. 4 • 10 nts.

\$999

Add taxes & other fees: \$184

MEXICO | Ixtapa/Zihuatanejo
Barceló Ixtapa Beach **PRIVILEGES**
All-Inclusive • Superior rm. • Mar. 26 • 1 wk.

\$1039

Add taxes & other fees: \$259

BAHAMAS | Nassau
Atlantis, Paradise Island **PRIVILEGES**
Promo - Beach Tower - Terrace view rm. • Apr. 3 • 4 nts.
4TH NIGHT FREE!

\$1089

Add taxes & other fees: \$137

JAMAICA **PRIVILEGES**
Gran Bahia Principe Jamaica **PRIVILEGES**
All-Inclusive • Junior suite • Apr. 5 - 7 & 11 - 14 • 1 wk.

\$1249

Add taxes & other fees: \$132

MEXICO

AIR, HOTEL & TRANSFERS • ALL-INCLUSIVE • 1 WEEK

MEXICO | Cancun/Riviera Maya
Gran Bahia Principe Tulum **PRIVILEGES**
Standard rm. • June 3, 5 & 6

\$749

Add taxes & other fees: \$251

MEXICO | Puerto Vallarta
Meliá Puerto Vallarta **PRIVILEGES**
Deluxe garden view rm. • Mar. 20 - 31

\$1159

Add taxes & other fees: \$149
Add \$85 for Sat. & Sun. departures



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Deluxe suite • May 15

\$589

Add taxes & other fees: \$135

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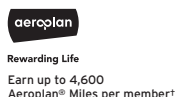


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